



2015

NATIONAL PUBLIC HEALTH WEEK EVENT

SPONSORED BY DEPARTMENT OF PUBLIC HEALTH & PREVENTIVE MEDICINE SUNY UPSTATE MEDICAL UNIVERSITY

Monday, April 6

Noon - 1 PM

3509 Setnor Academic Building
Upstate Medical University

Integrative Therapy for Managing Stress

Yoga Nidra

Cindy Yaple, E-RYT

Infinite Light Center for Yoga & Wellness

Give yourself permission to rest and restore, tapping into new sources of energy.

In this session you will rest in stillness, lying down, or in a seated position while being guided by your teacher's soothing voice. You will connect with your innate ability to heal and restore to your natural state of well-being.

Wear comfortable clothing and bring a yoga mat, blanket or beach towel to lie on. You may also sit in a chair if you like!

UPSTATE
MEDICAL UNIVERSITY

Free & Open to the Public. Registration Not Required

For more of our public health week events visit www.upstate.edu/events

For more information contact Cindy Paikin: paikinc@upstate.edu