

# Restoring Balance

## Techniques for Living Life with Grace and Ease



Madison Community House, 25 Cook Ave, Madison, NJ Gym

- Wednesday, 1:30-2:45 PM, October 3, 10, 17 and 24<sup>th</sup>
- \$5 for each 75 minute session

Instructor: Anita Pacheco, Anita's Attitude Adjustments, LLC

### Peace

**It does not mean to be in a place where there is no noise, trouble or hard work.  
It means to be in the midst of those things and still be calm in your heart.  
(Author Unknown)**

**Introduction:** Responding to situations and events rather than reacting takes practice. Give yourself this time. Through breath, posture and movement, with kindness, sensitivity and humor, we will build the foundation.

It's not as hard as you think. Stop thinking, start doing. Come to class with an open heart and an open mind, wearing comfortable cloths.

#### **What this is:**

We will walk, sit and stand as in "real" life. Your breath combined with visualizations and specific movements are powerful tools you will use. You will learn through awareness to scan your body for tension and release it before it becomes pain, to focus on where emotions reside in your body and to move in unity to calm the mind.

We will demystify meditation. You'll learn to breathe thoroughly and experience joy.

#### **About Anita Pacheco:**

Anita has her BA in Life Sciences from Rowan University and her MBA in Marketing. Anita raised her family during her 40-year business career (which also involved travel). She kept her balance (for the most part) by practicing the techniques she will teach.

Anita became a student of eastern body work 25 years ago, taking a Hatha Yoga class at a local adult school. She has taught yoga for 10+ years and holds a 200-hour yoga certification from the American Yoga Academy, Yoga Alliance approved.

Anita completed certifications in Yoga and Mindfulness and in QiGong Level 1. She has been a student of Tai Chi and QiGong for 10 years. She is also a White Light Reiki practitioner.

**Please RSVP so the room can be arranged properly.**  
**Contact Anita: 201-602-6965 or [anitaattitudeadj@gmail.com](mailto:anitaattitudeadj@gmail.com).**