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[Lessons to Decrease Stress in the Workplace](http://r20.rs6.net/tn.jsp?f=001NSJHnRsXqkDbxkbsoi-4WhZ2pzGQOCuuhnV32Lt4k87o3p9P1m5r_eJBCqegg7kYrWtlO8-DF_IfZHVeymLxP1axLpB5dc8Nk3LpHhmSw1oGqSiU6-NT5K2oYm1Pu5qIwAXR_hCCW2CmrkAXWarugQcZ_m4IVTCwP69GDWlNouU=&c=iRMidAzuQO3eA78VDtcPmo8clFtrGDQftvDpu6J0hhjGJ9T-ZBTztA==&ch=hzdsnmkpslbOx5VXILyxfZcg0tLsvsK6cEPkv167fao-sXLTJOplCA==)﻿**Tuesday, May 14th 2 p.m.**Instructor: Cathy Wright, Big Bend Feldenkrais ([bio link](http://r20.rs6.net/tn.jsp?f=001NSJHnRsXqkDbxkbsoi-4WhZ2pzGQOCuuhnV32Lt4k87o3p9P1m5r_eJBCqegg7kYDaC0sBkiB3mptFClkyZk-LKhRRKz6jLsPiMYamp1rq_O76Szz1IEistliZx61HEOUisz4_8-qW1jMq8fB_oyTCBzCqIZ1Yr4&c=iRMidAzuQO3eA78VDtcPmo8clFtrGDQftvDpu6J0hhjGJ9T-ZBTztA==&ch=hzdsnmkpslbOx5VXILyxfZcg0tLsvsK6cEPkv167fao-sXLTJOplCA==)) Location: SRSU Campus, Warnock Science Building, Room 201Stress reduction through breath. Or. Breath and why you may want to breath more than just enough to keep you alive. I was riding my bike and hit by a car in 2012. It required a surgery and a period of time prior to the surgery. The number one thing each of my Feldenkrais trainers and mentors told me to do was the breathing lessons. They calm the nervous system and facilitate healing. You don't need to have a car/bike wreck to use these lessons for stress reduction.  |

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| Co-Host SRSU Human ResourcesPre-registration is required. Limited Seating.  |
| Register at <https://utsa.ecenterdirect.com/events/29460>  |

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