



### Isabel Raci | *Yoga Therapist*

Join Isabel Raci for a lighthearted approach to traditional yoga and meditation practice. Find yourself uttering the primordial sound of “Ahhhh” on your journey of mind-body connection. Let the practice enliven your spirit, clear your mind and help you unplug-reset. Take important self-care time so often overlooked in our busy world.

Isabel is an IAYT certified yoga therapist, an E-RYT 500 yoga teacher, certified meditation teacher, relaxation guide and laughter yoga leader with additional specialty training in Mindfulness Based Stress Reduction (MBSR), yoga for cancer, pain management, and trauma through the Veterans Yoga Project and Trauma Informed Yoga Therapy.

“I bring my passion for the practice of yoga and meditation as self-care to hospitals, wellness centers, studios, corporate and private settings and community centers in the region with a happy, educational, nurturing and lighthearted approach. My goal is to provide a safe, healing and peaceful environment.”

Isabel is available for bookings at <https://www.unplug-reset.com/> or [Isabel.renew.yoga@gmail.com](mailto:Isabel.renew.yoga@gmail.com) To learn more about yoga therapy and to book an appointment, please contact her.

For our virtual Chair Yoga and Meditation class please familiarize yourself with the Zoom platform and your computer/tablet settings. Join the Zoom class a few minutes early so we can start on time. You will need: a sturdy arm-less chair and a quiet space.