

# Spring into Balance:

**Practical steps to Manage Stress, Build Resilience and Restore Equilibrium.**

**Saturday, March 7<sup>th</sup> | 1:30-4pm**

**@ Willow Glen Yoga (1188 Lincoln Ave, San Jose, CA 95125)**

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with Jill Lacher (Yoga Therapist) & Mukta Gadkari (Nutrition Consultant)



Join us for a part-lecture, part-yoga workshop, that focuses on managing stress through food, yoga and mindfulness. During this 2.5-hour session, you will:

- learn about stress and its short and long-term effects on the mind and body.
- explore practical ways to manage stress through diet, lifestyle, breathing techniques and mindful movement.
- restore balance and develop awareness of your mind-body connection.

**To register:** Email Jill at [jilllacher@gmail.com](mailto:jilllacher@gmail.com) or Mukta at [mukta@muxcooks.com](mailto:mukta@muxcooks.com).

**Workshop price:** \$50 (early bird pricing: \$45 if you register by March 1<sup>st</sup>). *No transfers or refunds.*

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San Jose resident since 2011, **Jill Lacher** worked in Chicago hospitals as a Recreation Therapist in Physical Medicine & Mental Health & then in a Minneapolis non-profit, advocating for teens & families-at-risk. Since moving to California, Jill has developed her career as a full-time Yoga Therapist, teacher & Thai Massage Therapist. She is available for private, group & corporate sessions. For more info, go to: [www.yogabirdie.com](http://www.yogabirdie.com)



**Mukta Gadkari** is a Bay Area-based Holistic Nutrition Consultant, wellness advocate & coach. She started Mukta's Nutrition Kitchen as a resource for busy working people to get healthy & feel good every day. She offers 1:1 & group coaching, menu planning, home pantry makeovers & more. For more info, go to: [www.muxcooks.com](http://www.muxcooks.com)