

**TRANSFORMING STRESS:**  
A WORKSHOP CO-TAUGHT BY REBECCA DIETZEL AND IRENE DOWD

Webster's dictionary defines stress as "any force exerted in any direction or manner on a body... tending to change its form or dimension". We can't actually live without stress. However, we can't live with excessive unremitting stress either. Forces are always acting on us, but how can we choose to change in response to them so as to enhance rather than degrade our circumstances?

In this workshop, Irene will teach physical activities and visualization strategies that can transform and reduce our stress response, while simultaneously contributing to enhanced physical fitness and well-being. Rebecca will explain what happens in our bodies when we experience the stress response, and how we can mitigate the potentially harmful effects with the way we eat and organize our daily lives.

Date: **SATURDAY April 14, 2018**

Time: **1:30-5:30pm**

Fee: **\$175, pre-registration is essential since the course size will be limited**

Location: **NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012** (at north-west corner of Broadway and Houston Streets)

Payment must be made to: **"Irene Dowd" by check or by cash**

For more information: you may e-mail Irene Dowd at **eidcas@gmail.com**

**&/OR** email Rebecca Dietzel at **rebecca.dietzel@gmail.com**

**&/OR** call Irene Dowd at 212-420-8782 (8am -8pm)

**Mail payment to: Irene Dowd**

**70 East 10th Street #11K**

**NY, NY 10003**