

Find Grace in Chaos

Enjoy the Ride!

Home Yoga & Barre
5 Luzerne Avenue
West Pittston, PA
570-406-6030

Sunday, September 27, 11am



A one-hour workshop to manage stress, adapt to change and take better care of yourself



Sheila Shuster
Self-Care Coach

Sheila began her career in biotechnology and healthcare education. A series of losses and an enlightening experience with her dying father catapulted her in a new direction in 2009. She is now a professional speaker and self-care coach, teaching skills that cultivate a natural calm and help people to discover their capacity to acclimate to change. Sheila's passion is to share what she has discovered in herself – that looking at life with relaxed attention changes what you see. She enjoys hiking, music, cooking and travel. Sheila currently lives in Northeastern Pennsylvania.

What to expect...

- ◆ Learn two simple rules for a more peaceful life
- ◆ Ease worries and racing thoughts
- ◆ Improve physical, emotional and spiritual health

What others are saying...

“No matter how stressful things are around Sheila, she seems so relaxed and unnerved...just her voice alone is very calming.”

“With Sheila’s insights, guidance and support, your world can open to endless possibilities.”

“Sheila Shuster is the only person I know who, with her presence, brings a calming influence to a room of people. Even if you are totally relaxed, just her presence takes you to another level.”