WORKSHOP FREE

Yoga for Stress Relief

An hour and a half to breathe, soften, and come back to yourself — no experience needed.

- Sunday, June 1, 2025
- 10:30 AM – 12:00 PM
- In Person

ABOUT THIS WORKSHOP

You've been holding it together for everyone else. This is your hour.

Join Dr. Samantha Harte for a grounding morning experience designed for women who are running on empty — and ready to feel like themselves again. Through movement, breath, and honest conversation, you'll leave with more than just a good stretch. You'll leave with tools your nervous system can actually use.

WHAT TO EXPECT

- Guided meditation to quiet the noise and open the body
- Therapeutic yoga for nervous system regulation
- A heartfelt conversation in a safe, held space
- Practical tools you'll actually use after you leave

YOUR GUIDE

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Dr. Samantha Harte, DPT
Yoga-Certified Doctor of Physical Therapy & Sober Life Coach

LOCATION

StrongHarte Fitness
1655 E Thousand Oaks Blvd, Suite 101 | Thousand Oaks, CA

Register Now — It's Free

Spots are limited. Reserve yours today.