



## *An Afternoon of Self-Care*

Join  
Integrated Health Coach Kara Hodes-Wechsler &  
Yoga, Meditation & Relaxation Coach Shari Czar  
for an afternoon workshop  
to explore the importance of self-care and experience methods to  
allow *YOU* to improve your health and well-being.

You will be guided through:

- ✓ **a Self-Care Assessment**
- ✓ **Yoga**
- ✓ **Meditation**
- ✓ **Gratitude**
- ✓ **Breath Work**

Take home an action plan to move you one step forward towards  
better self-care and some tools to support your overall health

No experience is required in any of the practices,  
we will be there to guide you.

**Sunday, October 26<sup>th</sup>**  
**1p.m. – 5:00p.m.**

**Soo Bahk Do Karate & Wellness**  
**630 Valley Road, Gillette**

Registration Fee: \$65 Early Bird Pricing \$55 if registered and paid by 10/12

**To register visit [www.karate4peace.com](http://www.karate4peace.com) or call 908-963-6365**



This program is brought to you by  
Infinite Heart Space LLC & Kaleidoscope Health Ways LLC





**Shari Czar** is the author of *Reducing Stress in Your Everyday Life In as Little as Sixty-Seconds* and founder of Infinite Heart Space LLC. Shari teaches individuals techniques to reduce stress so that they can lead healthier, happier, more present lives. She helps to eliminate the belief that people don't have time in their day to relax by offering suggestions on how to find time, even if it is a little as a few seconds.

Shari began teaching yoga and meditation classes in 2000. In addition to leading weekly classes, Shari speaks and leads workshops on gratitude, relaxation techniques, and various wellness topics.

Shari is a certified registered yoga instructor (RYT-200) in Kripalu Yoga, a form of Hatha Yoga, and Five Element Yoga. Both programs are registered by the Yoga Alliance. Shari has also trained in positional therapy, and Chakra work, each of which she incorporates into her teaching. Shari is a member of the Kripalu Yoga Teacher Association (KYTA) and the Yoga Alliance.



Kara Hodes-Wechsler received her professional training as an Integrative Health Coach at Duke Integrative Medicine. She is passionate about integrative health coaching as an important component of healthcare, providing the professional support and tools to make and sustain healthful changes, and encourages her clients to take an active role in their health.

Kara is a registered pharmacist and has spent over 20 years working in the healthcare industry. She has completed training in somatics at the Strozzi Institute, and has studied Jon Kabat-Zinn's Mindfulness Based Stress Reduction techniques, Mindful Eating and Motivational Interviewing. She is also a licensed Nia practitioner: a sensory based movement practice that draws from martial arts, dance arts and healing arts.