



RELAX & De-stress

Techniques to reduce
tension and stress

With Capacitar Practices

What: Capacitar International offers two Saturday Zoom sessions of easy-to-learn, easy-to-use body-based techniques to reduce tension and stress including acupressure, fingerholds to manage emotions, tapping, switching, and visualization.

Who: Those who want to learn Capacitar practices for self-care or those who know the practices and want to refresh or just relax.

When: Saturday, Sept. 14 and Saturday, Oct. 5, 2024
via Zoom (link will be sent with registration)

Time: **US: Pacific** 8:30 to 11:00 am
Mountain 9:30 am -12:00 noon
Central 10:30 am -1:00 pm
Eastern 11:30 am -2:00 pm
EUROPE: UK/Ireland 1630 – 1900
EUROPE: Continent 1730 - 2000
Israel/Palestine 1830 – 2100

Facilitators: Joan Condon jcondon@igc.org
Sheila Grady sgrady@capacitar.org
Capacitar International

Register: <https://app.dvforms.net/api/dv/xAewg>

Cost: Suggested donation \$25.00