



Please join us for a special session of Urban Zen Integrative Therapy

As we continue to rebuild following the terrible tragedy of October 27 and to address the trauma we've experienced as individuals and as a community, it is important we promote healing and resilience in a culturally relevant and appropriate manner while supporting connection between people and the adoption of safe and healthy behaviors.

For 10 years, The Urban Zen Foundation, an initiative of fashion icon Donna Karan, has been providing an informed mix of Eastern healing techniques, including yoga therapy, meditation, Reiki and the use of essential oils, that inspire change in health and well-being while relieving symptoms of trauma, pain, anxiety, depression and exhaustion.

On Thursday, January 3, and Friday, January 4, the Foundation is sending its New York City-based Urban Zen Integrative Therapy instructors (UZITs) to the JCC to encourage and facilitate peace and healing for our community as they share their time-tested modalities.

To learn more and to schedule a session on January 3 or 4, please contact Jason Stowell at the JCC, jstowell@jccpgh.org or 412-697-3521.

