

**** PRESS RELEASE ****

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**May Think Tank at the Watkins Glen Area Chamber of Commerce:
Focused and Calm – Re-igniting Inspiration for Your Life and Business**

Watkins Glen, NY – Do you ever feel overwhelmed by stress? Are you struggling to find a balance between your personal and professional lives? Are you seeking some tips and techniques for dealing with stress? We have all been there, now let's find some solutions! Join the Watkins Glen Area Chamber of Commerce at our next Think Tank to learn about focus, calm, and relaxation techniques.

Date: Tuesday, May 9
Time: 4pm – 6pm
Location: Watkins Glen Area Chamber of Commerce Conference Room

This session titled, "Focused and Calm – Re-igniting Inspiration for Your Life and Business" will be led by Sue Silhan of Selah Yoga and Music. Sue shares, "Managing a business and a personal life can smother our passion for one or both. With devoted practice of awareness, yoga, and meditation, we can be calm and focused. A refreshed spirit is ready for anything!"

During the session we will learn body awareness techniques and "centering" in the present to stay calm and focused. We will practice breathing techniques and share our passions for work and play. The group will also discuss roadblocks to calm and how to overcome them with movement, breath, and meditation. Sue will also lead a few gentle yoga poses, incorporating calming breath exercises, ensuring that you leave feeling relaxed yet inspired, and ready to face the rest of your work week. If you have a yoga mat, please bring one. If you do not, one will be provided.

Think Tanks are offered as a complimentary benefit to members of the Watkins Glen Area Chamber of Commerce. Advance reservations are requested by Monday, May 8. Please contact Membership Services Manager Meredith Williams at 607-535-4300 or email meredith@watkinsglenchamber.com.

The Watkins Glen Area Chamber of Commerce strives to advance economic vitality by providing promotion, education, and support for its members and the community. In furtherance of this mission, the Chamber presents many educational opportunities throughout the year for local businesses and organizations, Think Tanks are just one of these opportunities. Think Tanks are held monthly on the second Tuesday, with times alternating between 4-6pm for odd months and 8-10am for even months.

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