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Inspired Learning at 30th & Madison



One Simple Thing



Eddie Stern

Eddie Stern's new book, *One Simple Thing: A New Look at the Science of Yoga and How It Can Transform Your Life*, explains from both a yogic and scientific perspective how the human nervous system is wired. Drawing on modern neuroscience, ancient wisdom, and decades of practice and teaching, Eddie Stern reveals how what we do—from diet to chanting, from postures to meditation, from ethical practices to breathing techniques—affects who we become, and how a steady routine of activities and attitudes can transform our bodies, our brain functions, our emotions, and our experience of life. Eddie will be signing books after the program.

An Evening Lecture and Book Signing
Monday, November 4, 7:00 pm
Members Free/ Nonmembers \$20
opencenter.org/one-simple-thing/ | 19FBB15M

www.opencenter.org * 212-219-2527 Ext. 2

Eddie Stern is a yoga teacher, author, and lecturer known for his multidisciplinary approach to furthering education and access to yoga. He recently created *The Breathing App*, which guides the user in a paced breathing exercise that helps to improve sleep and reduce stress and anxiety. eddiestern.com