



## **Mindfulness Yoga**

### **Presentation Description:**

Preventative movement-based practice that offers a safe space to foster; empowerment, self-awareness, and education regarding the importance of the mind-body connection.

### **Intended Audience:**

Mindfulness yoga sessions are intended for anyone interested in developing creative ways to practice emotion regulation management or gain additional stress management skills through movement-based experiences in a group setting.

Our yoga teacher offers mindfulness-based yoga sessions with the flexibility to tailor your session to meet individuals or groups where they are at (no past yoga experience, has had previous engagement with yoga participation, a history of trauma, or struggles with managing emotions).

- Small groups. No more than 25

### **Key Takeaways:**

- Opportunity to develop or gain stronger sense of self-awareness with the mind-body connection.
- Gain emotionally grounding based practices that can be utilized even after one class.
- Creative option to engage in stress management practices.
- Cultivate resiliency, curiosity, and compassion with one's relationship with themselves.

The mindfulness-based yoga teacher is a licensed professional counselor, has completed 200hr yoga teacher training and 60hr trauma informed yoga teacher training.

**If you would like to learn more about this training or any other Growth Works' trainings, please contact Hayley Koetje at [Hayley.koetje@gwcares.org](mailto:Hayley.koetje@gwcares.org) or 734-431-8924.**