

Yoga & Mindfulness Workshop

Dates: September 27th through November 8th, 2017

Time: 4:30 PM – 6:00 PM (Start gathering at 4:15 PM)

Come join us for a 7-week Yoga and Mindfulness Workshop

- In this group, we will engage in the following ~
 - Learn basic Yogic breathing, stretching, and relaxation techniques.
 - Engage in beginner Mindfulness practices.
 - Learn the theory behind the technique.
 - Practice the technique in session.
 - Instructions for practicing at home.

- Participants will practice the application of mindfulness skills for daily life in an emotionally safe, positive group setting.
 - **Part One of Group: Yoga**
 - **Part Two of Group: Mindfulness Skills**

All classes held at Still Waters Counseling,
137 Keveling Drive, Saline

Classes are facilitated by:
Mansi Brat, Ph.D., LLPC, RYT 200 (Registered Yoga
Teacher)
For more information call (734) 944-3446 or
email contact@still-waters-counseling.com

