 

 ***Meditation and***

 ***Mindful Movement (Yoga) for Teens***

***2020 Winter Session***

***Mondays, January 13th – March 15th***

***Mindful Movement and Meditation for Teens*** is a **10-week class** held throughout the calendar year. This class is designed for teens, pre-teens and young adults who would like to deepen their mindfulness practice through weekly, guided meditation,

mindful movement (yoga), and group discussion.

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**Session Begins:**

Jan. 13th Mondays

4:00pm – 5:00pm

**Program Cost:**

**NO COST**

**\***if teen has attended a mindfulness or healthy living class

**Class Location:**

*Northern Michigan Psychiatric Services, PC*

3287 –A Racquet Club Dr.

Traverse City, MI, 49684

Teens participating in ***Meditation*** ***and*** ***Mindful Movement,*** each week,

will be involved in:

* A guided meditation or mindfulness practice
* 30 minutes of mindful movement or yoga
* A weekly mindfulness topic –discussion and group sharing
* Review of healthy living skills

**Mindfulness** strengthens our ability to pay attention to the

present moment; to notice our thoughts, feelings and physical sensations

with curiosity and without judgment. When inspiring awareness through mindfulness - instead of reacting ***Mindlessly***, we react ***Mindfully***

*Remember …* your teen’s Quality of Life can significantly improve

 *Socially, Physically, Emotionally, Cognitively and Academically*

 when they choose to lead a consistent, healthy lifestyle!

About the Instructor

Wendy Weckstein, PT, MEd, is a Physical Therapist, Wellness Consultant. and MBSR Teacher. She is also certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). Wendy provides health and wellness evaluations, customized wellness programming, and healthy living and mindfulness classes for pre-teens, teens and young adults.

 **To Register:**

**Contact Northern Michigan Psychiatric Services, PC at: 231-935-0355**