

Mindful Movement (Yoga) and Meditation for Teens

**2020 Fall Session**Online via Zoom

***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:**

September 14th – November 23rd Mondays,

4:00pm – 5:00pm

**Program Cost:**

**\*No Cost** if attended Stressed Teens Class

**Class Location:**

 *Online via Zoom Class*

Teens participating in ***Meditation*** ***and*** ***Mindful Movement***

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

**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 respond ***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!

 **REGISTER ONLINE www.mindfulnesstc.com**

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

**ABOUT THE TEACHER::** Wendy Weckstein, PT, MEd, is the Director of Wellness Services at Northern Michigan Psychiatric Services. She is a Physical Therapist, Wellness Consultant, and Mindfulness Based Stress Reduction (MBSR) Teacher through Brown University. Wendy is also a certified teacher for Mindfulness Based Stress Reduction for Teens (MBSR-T). She provides health and wellness evaluations, customized wellness programming, and healthy living and mindfulness classes for both teens, and adults.