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

***Fall Session September16th – November 11th***

(**\*No class Monday, October 21st)**

***Mindful Movement and Meditation for Teens*** is a **8-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:**

Sep 16th – Nov 11th Mondays

4:00pm – 5:00pm

**Program Cost:**

NO CHARGE

\*If teen has already participated in a Mindfulness Class at NMPS

**Class Location:**

*Northern Michigan Psychiatric Services, PC*

3287 –A Racquet Club Dr.

Traverse City, MI, 49684

*\*Location subject to change based on class size*

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
* A weekly 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 and Wellness Consultant. She is 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**

\*Mindfulness Based Stress Reduction for Teens (MBSR-T) has been demonstrated through research to be an effective and

evidence-based intervention to reduce adolescent stress and the physical and psychological problems that result.

