 **Mindful Movement/Yoga and**

 **Meditation for Teens**

Spring/Summer 2020

 Beginning Monday March 30th

 4:00 pm – 4:45 pm

 **FREE Online Class via ZOOM**

***Mindful Movement and Meditation for Teens*** is an ongoing **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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**Spring/Summer Session**

March 30th - Ongoing Mondays

4:00pm – 4:45pm

**Program Cost:**

**NO COST**

Must have participated in Stressed Teens or have some experience with yoga and meditation

**Class Location:**

Zoom Online Classroom

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

will be involved in:

* 15-minute guided meditation
* 30 minutes of mindful movement or yoga

**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!

About the Instructor

Wendy Weckstein, PT, MEd, is a Physical Therapist, Wellness Consultant. and Mindfulness Based Stress Reduction - MBSR Teacher through Brown University’s School of Public Health. In addition she is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). Wendy provides health and wellness evaluations, customized fitness and wellness programming, and healthy living and mindfulness classes for pre-teens, teens and young adults at Northern Michigan Psychiatric Services, PC

 **To Register:**

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

**or at** [**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)