



Mindful Movement/Yoga and Meditation for Adults

Spring/Summer 2020

Beginning Fridays, April 3rd
7:00 am – 7:45 am

FREE Weekly Classes via ZOOM



Mindful Movement and Meditation for Adults is an ongoing **free class** designed for adults who would like to deepen their mindfulness practice through weekly guided meditations and mindful movement (yoga.) This ongoing virtual class is available for all those who have participated in a Mindfulness-Based Stress Reduction (MBSR) class, or have some prior experience with yoga and meditation.

Participants in the *Mindful Movement and Meditation Class* will be involved in:

- 15 minutes of guided meditation (with an option to stay for an additional 15 minutes of silent 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*.

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April 3rd - Ongoing
Fridays
7:00am – 7:45am

Program Cost:

NO COST

Must have participated in MBSR or have some experience with yoga and meditation

Class Location:

Zoom Online Classroom

To Register:

Contact Northern Michigan Psychiatric Services, PC at:

231-935-0355

or register online at www.mindfulnessstc.com

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

