



MINDFULNESS MEDITATION

MIND-BODY SKILL BUILDING SERIES

The Tri-Cities Family YMCA is excited to present this skill building series involving a powerful, effective combination of research based healing modalities to help people better cope with life changes, stress, and illness in a group setting. Mind-body skills building has the potential to transform the physical, mental, emotional, social and spiritual dimensions of a persons life. The first session will lay the foundation for the series and is recommended if you wish to participate in any of the subsequent sessions. Subsequent sessions are designed to be independent of the others, so you may choose to come to one or all based on your interest. We recommend wearing comfortable clothing and we encourage you to bring your own yoga mat if you choose. The group is facilitated by mind-body medicine research scientist Werner Absenger, MSc, PhD candidate, and Karri Absenger, LPN, CMT, RYT.



1. INTRODUCTION: CREATING THE CONTAINER Saturday, October 4, 9:00-10:15 AM

Learn what mind-body medicine is and what techniques are included. Learn how meditation and imagery can be a way of being in the world, exploring issues and bringing changes to the body.

2. BIOLOGICAL UNDERPINNINGS OF MIND-BODY MEDICINE Saturday, October 11, 8:00-9:15 AM

Learn the very basics in the biology of mind-body medicine and its capacity to affect what was once thought beyond human control by using the techniques of biofeedback and autogenics.

3. THE 8 LIMBS OF YOGA I Saturday, October 18, 8:00-9:15 AM

Discover how yogic breathing exercises can reduce stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related mental illnesses, and substance abuse.

4. THE 8 LIMBS OF YOGA II Saturday, October 25, 8:00-9:15 AM

Participants will learn about yoga and meditation with and without Mantra, Chakras/Sound healing, Mantra meditation, Kirtan/Kirtan Kriya, Lions Breath, Breath of Joy, Dristes and Mandala Meditation.

5. MINDFUL EATING AND HEALTHY NUTRITION Saturday, November 1, 8:00-9:15 AM

Eating has a great impact on your well-being. Learn practical ways to bring mindfulness into everyday life by exploring ideas and feelings about food, eating and body image.

6. MEDITATION Saturday, November 8, 8:00-9:15 AM

Learn about the different kinds and benefits of meditation as a self-care practice. The awareness you develop in meditation helps you identify sources of stress, which is the first step in learning to manage it.

7. GUIDED IMAGERY Saturday, November 15, 8:00-9:15 AM

This form of deliberate and directed daydreaming is a powerful, time-honored method for understanding yourself, healing your body and mind, and maintaining your overall well-being.

MEMBERS: \$10 per class / \$50 for series

NONMEMBERS: \$20 per class / \$110 series

TRI-CITIES FAMILY YMCA
1 Y Drive, Grand Haven, MI

PRE-REGISTRATION REQUIRED FOR EACH CLASS OR SERIES

CALL 616.842.7051

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