

Pre-register Online

updogyoga.com

Click on 'Workshops', and select Workshops-Rochester

Awakening & Applying Mindfulness

Date

Saturday, Nov 23
3:00 - 4:30pm

Price

\$25 Per Person
\$30 at the Door

Location

UpDog Yoga
210 W. University Dr.
Rochester, MI 48362

Contact

(248) 608 6668

The Workshop

In this workshop, individuals will learn how the ancient techniques of meditation and mindfulness can be activated and useful in everyday life. Attendees of this workshop will access this information through simple interactive exercises, short meditation practices in a seated or reclined position, as well as, a few very gentle yoga poses intended to awaken the attendee's inner awareness. Individuals will also learn how to utilize intention and directing the energy in order to live in a healthy and meaningful way. No prior yoga nor meditation experience necessary.

Benefits of Practice

Mindfulness is a basic attention practice which promotes awareness to the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, and used as a therapeutic technique.

Paying attention, on purpose, trains the brain to focus more; individuals can strengthen brain functions and experience numerous benefits, including:

- Increased clarity in thinking and perception
- Lowered anxiety levels
- Experience of being calm and internally still
- Experience of feeling connected
- Decrease depressive symptoms
- Increased attention and focus

Your Instructor

Yvonne is certified at the highest level of teaching yoga and is a Certified Yoga Therapist. She has been teaching yoga for over 10 yrs.

Yvonne is also a Yoga Alliance Continuing Education Provider (YACEP). Yoga instructors can earn Yoga Alliance Continuing Education Credits by attending this workshop. Additionally, Yvonne uniquely and expertly incorporates mindfulness in all of her yoga programs and participates in the work of the Mindfulness Institute of Michigan.

Presented By



Other Available Programs

Meditation Class: 7:00pm on Wednesdays

Range of Yoga Classes (schedule at updogyoga.com)

Fresh Start Corporate Performance Session

Contact Us at riseabove@mindful-institute.org