

## Contemplative and Reflective Programs

### **Meditation & Healing Breath**

Virtual: Registration Required



During this workshop, you will learn and practice mindful breathing techniques which will increase oxygenation in the body for greater overall health. These techniques are designed to calm and quiet your nervous system. Additional benefits include entering into a state of deep relaxation, release of stress, increased self-awareness, and peace of mind. These positive benefits are too good to pass up! Join us on this intentional meditation and breathing journey that will leave you feeling light, calm, and grounded.

Facilitated by Gwen Mitchell

### **Chair Yoga & Emotional Freedom Technique (EFT)**

Virtual: Registration Required



Improve your physical and mental wellness with gentle movements and methodic tapping. Chair Yoga is a gentle practice that helps to strengthen muscles, increase balance and gain flexibility without causing strain. It also helps with body awareness, mindfulness, and relaxation while incorporating gratitude in daily life. Focusing on your movement, breathing, and how your body reacts to exercise creates a moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Chair yoga may help improve mood and confidence while relieving anxiety and depression. EFT (also known as tapping or psychological acupressure) is an alternative treatment for physical pain and emotional distress. This methodic tapping technique creates a balance in your energy system, treats pain, and improves symptoms of PTSD, anxiety, and insomnia. Join us as we move and tap our way to physical and emotional healing.

Facilitated by Gwen Mitchell

## Tai Chi 4 Health

In Person: Registration Required



Tai Chi is the Chinese internal martial art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. Whether seated or standing, concentration on circular and sequential movement invites all participants to engage mental focus and obtain an overall sense of well-being. Many participants will experience the benefits of improved circulation, balance, and increased mental and physical agility with continued practice. We invite you to wear loose-fitting clothing that will allow all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. Join us as we enjoy gentle movement and receive a healthy dose of “Happy Qi!” All skill levels are welcome. A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.

Facilitated by Debra Dunn-Yonke

## Writing and Poetry

In Person: Registration Required



In our Writing and Poetry Workshop you will explore self-reflection, cultivate compassion and build connections with others through writing and storytelling. Discover tools for empowerment and creative expression to help aid in healing and emotional well-being. Let’s thrive together through poetic and written expression.

Facilitated by Diana Ramirez