

Title IV-E Collaborative Presents

Gentle Exercises for Emotion Regulation

Leanna Immel

Friday November 2, 2018

9:00am-4:00pm

Registration 8:30am

West Valley Campbell Community Center
One West Campbell Avenue, Campbell CA
Room K 62

Leanna Immel (RYT 200)

has been a dedicated student of yoga for over 7 years and has been teaching private and public classes to children and adults since

2014. In addition to completing the Trauma Informed Yoga Training under the direction of Kyra Haglund, Leanna has maintained a current education by studying with and from leading teachers in the fields of biomechanics, yoga & social justice, breathing practices, mindfulness & self-compassion, and accessibility, among others.

Leanna's current interests include fostering an accessible yoga practice, seeing the practice through a modern lens based on non-authoritarian inquiry and dialogue, discovering the power of uniting movement with breath, and cultivating a mindful practice both on and off the mat.

Learning the skills to support the regulation of both your own nervous system, as well as that of your client's, is an essential aspect to the therapeutic process.

Offered through a trauma-conscious lens, this course will introduce participants to a wide range of new tools for fostering self-regulation in both self and others.

Accessible to all ages, abilities and experience levels, participants will:

- Learn several techniques to monitor and work at regulating breathing
- Explore gentle movement, stretching and yoga exercises to allow the release of tension in the body, both on the floor and seated in a chair
- Experience guided visualizations to promote relaxation and focus, and reduce symptoms of stress
- Consider the best practices for applying these gentle exercises in a variety of contexts

Come ready to add new tools to your toolbox, and gain insights to support your own work as a practitioner.

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

*Must obtain Supervisor approval prior to Registering

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Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1281301>

Please email us with any questions:
t4e.collaborative@gmail.com