

# Title IV-E Collaborative Presents

## Restorative Yoga for Emotional Balance

*Leanna Immel*

### **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.

Day 1: Wednesday, December 5, 2018

Day 2: Wednesday, December 12, 2018

5:30pm–7:30pm

Registration 5:00pm

West Valley Campbell Community Center

One West Campbell Ave., Campbell, CA

RM. K-62

Emotional imbalance, chronic stress, and anxiety are ubiquitous in our society. Increasingly, studies have shown that embodied practices, such as yoga and breathwork, can bring balance back within reach. This 5-week course will allow participants to practice restorative yoga in an accessible and approachable way, while also acquiring new tools for combatting obstacles towards emotional well-being.

Along with experiencing restorative yoga as a resource tool for regulation and emotional balance, participants will:

- Learn simple restorative sequences designed to promote relaxation and well-being
- Explore both breath and body centered exercises as pathways to balance
- Develop internal and external resources for combatting obstacles towards to balance
- Reflect on how the practice of restorative yoga and breathwork can positively impact their response to stressors in the workplace

*Attendance at both sessions is recommended, but not required.*

*A certificate of completion will be available for those attending both sessions.*

*Course material will build each session. This course is designed for all levels of experience.*

*No prior experience with yoga required.*

### **Eligible County Employees**



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

*\*Must obtain Supervisor approval prior to Registering*

### **Eligible Non-County Employees**

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

Please email us with any questions:  
[t4e.collaborative@gmail.com](mailto:t4e.collaborative@gmail.com)