

# Title IV-E Collaborative Presents

## Renew & Recharge: Developing Resilience for the New Year

*Leanna Immel*

Friday, January 4, 2019

9:00am-1:00pm

West Valley/ Campbell Community Center  
1 W. Campbell Avenue, K-62  
Campbell, CA

### **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.

This highly experiential, half-day retreat is focused on insightful, restorative practices designed to renew and recharge you from the inside out! Through gentle yoga practices, breathing techniques, and various meditations, you will set intentions for the coming year, engage in conscious relaxation to support the nervous system, practice somatic exercises tailored towards health and resilience, and explore postures and gentle movements designed to expand your capacity for focus, awareness, and attunement while reducing the physical, emotional, and mental affects stress and tension.

Your ability to regulate, recharge and renew your commitment to yourself is a vital aspect of being a healthy, functional member of your family, society and profession.

This workshop is for anyone needing the time and space to reconnect and renew as they go forward in the New Year!

*Please come in comfortable attire to practice yoga in.  
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

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

Register on-line @

<https://register.asapconnected.com/ClassDetail.aspx?pk=1329671>

For information contact:  
[t4e.collaborative@gmail.com](mailto:t4e.collaborative@gmail.com)