

Title IV-E Collaborative Presents

Self Care for Resilience

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. As a public school teacher, and in addition to her 200 hour yoga certification, Leanna wanted to bring the teachings of yoga alive for her young students. By attending the YogaKids Inc. Foundations and Mindful Educator trainings, she has been able to provide a nurturing practice to children in public and private settings for many years. Leanna maintains a current yoga education by studying with and from leading teachers in the fields of biomechanics, yoga and social justice, breathing practices, mindfulness and self-compassion, and accessibility, among others.

Wednesday, March 3, 2021

Wednesday, March 10, 2021

Wednesday, March 17, 2021

Wednesday, March 24, 2021

4:00pm - 5:00pm

ONLINE - ZOOM

Registration ends Wednesday of the Week Prior

Link given by Friday of the Week Prior

Stress, anxiety, and vicarious trauma are ubiquitous in our society and are especially present for mental health professionals under our current circumstances. Increasingly, studies have shown that embodied and contemplative practices such as gentle yoga, guided relaxation, breath work, and mindfulness exercises can bring balance and regulation back within reach. Each unique session is intended to enhance well-being, manage stress, promote resilience, and encourage community connection by using trauma-informed protocols.

- This is an experiential course, so please wear comfortable clothing, move into a quiet/private space, turn off your notifications, and enjoy.
- Attendance at all classes is encouraged, but not required. Come to as many as you can.

Eligible County Employees



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

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line @

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

For information contact:

T4e.collaborative@gmail.com