

Title IV-E Collaborative Presents

Leanna Immel (RYT 200) is a former educator and has been a dedicated student & teacher of yoga for over 8 years. 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 is a graduate of Hakomi Mindful Somatic Psychotherapy's Comprehensive Training, and she curates offerings that blend her background in education, inquiry-based yoga, breathwork, mindfulness meditation, and applied psychology. She hopes to make these tools accessible and relevant to a broader audience, for personal impact and beyond.

Spring Into Self Care

Leanna Immel

Monday, April 6, 2020
Monday, April 13, 2020
Monday, April 20, 2020

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

Self-care is an essential component to any high-demand career, and yet oftentimes we find ourselves too busy to take the same care for ourselves as we do for our clients. Discover what self-care can sustainably look like, why it's important to develop self-care for overall health & well-being, and learn new techniques to integrate into your daily routine.

Please Note:

- *This is an experiential course, so please wear comfortable clothes to practice yoga & mindfulness in.*
- *Attendance at all classes is encouraged, but not required. Come to one, two or all three.*
- *A certificate of completion is available at the end of the course. This course is designed for all levels of experience.*

Eligible County Employees



For questions contact Staff Development & Training at

Rianna.Garcia01@ssa.sccgov.org

*Must obtain Supervisor approval prior

Eligible Non-County Employees

Register on-line @

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

For information contact:
t4e.collaborative@gmail.com