

Title IV-E Collaborative Presents

Self-Care for Busy People

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 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 & social justice, breathing practices, mindfulness & selfcompassion, and accessibility, among others.

Friday, August 16, 2019

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Friday, August 23, 2019

1:30pm–4:00pm

West Valley/ Campbell Community Center

1 W. Campbell Avenue, K-62

Campbell, CA

Attendance at both classes is encouraged but not required

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. This highly experiential 2-session course will allow participants to discover what self-care can sustainably look like, why it is important to develop a self-care routine for overall health & well-being, as well as make a plan of action for moving forward even in the midst of a busy work life.

*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

*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