

Title IV-E Collaborative Presents

Regulate & Rejuvenate: Yoga for Emotional Balance

Leanna Immel

Friday, June 7, 2019

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Friday, June 21, 2019

12:30pm-3:00pm

Registration 1:00pm

West Valley Campbell Community Center

One West Campbell Avenue, Campbell CA

Room K 62

Emotional imbalance, chronic stress, and anxiety are ubiquitous in our society. Increasingly, studies have shown that embodied practices, such as restorative yoga, guided relaxation, and gentle breathing, can bring balance back within reach. This highly experiential 2-session course will allow participants to regulate frayed nervous systems in an accessible and approachable class, while also acquiring new tools for combatting obstacles towards emotional well-being.

- Learn simple restorative sequences designed to promote relaxation and well-being
- Explore both breath and body-based exercises as pathways to balance
- Experience guided imagery/visualizations to alleviate symptoms of stress
- Reflect on how these body-based practices positively impact their response to stressors in the workplace

This course is designed for all levels of experience

No prior experience is required

Attendance at all sessions is recommended, but not required.

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.

Eligible County Employees



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

*Must obtain Supervisor approval prior to Registering

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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