

Trauma Informed Mindfulness for Everybody (TIME)

"Do the best you can until you know better. Then when you know better, you do better."

– Maya Angelou



PROGRAM DESCRIPTION:

- Introductory 4-week course in mindfulness basics.
- Together we will develop tools to navigate life's challenges, by understanding the body-mind connection.
- Through simple mindfulness practices of breath, body, thoughts, and emotions, we will develop skills that will give us access to greater presence and awareness in the act of living.
- Each week, you will have the opportunity to build your understanding and practice. Over time, mindfulness becomes a way of living that permeates every aspect of our lives. And while it cannot fix what ails us, it changes our relationship to it.

Dates/Times:

- Mondays: January 2nd – January 23rd, 2022
- 6:00 to 7:30 pm at OASIS Community Center – Studio Room (2nd floor)
- Limited capacity... register via email to info@oasisbethlehem.org

INSTRUCTOR BIO:

Prabha Sinha was born in the Himalayas in India and came to America with her husband and their son, Pratyush in 1988. Her passion drew her to yoga teacher training in 2007. After losing her son to opioid addiction in 2011, Prabha chose yoga as a way to honor him by establishing the Pratyush Sinha Foundation (PSF).

Utilizing mindfulness practices enabled her to extend emotional and self-regulation skills training to school children in the classrooms. PSF is reaching over 13,000 children, adolescents, and adults all over greater Lehigh Valley schools and community. Recently, PSF launched their Trauma Informed Mindfulness for Educators (TIME) Workshop upon which this program is based.

Learn more about Prabha's programs at:

<https://www.pratyushsinhafoundation.org/>

