



Meditation and Mindful Movement (Yoga) for Teens

Summer Session - June 24th – August 26th

Mindful Movement and Meditation for Teens is a **10-week class** held throughout the calendar year.

This class is designed for teens, pre-teens and young adults who would like to deepen their mindfulness practice through weekly, guided meditation, mindful movement (yoga), and group discussion.

Teens participating in *Meditation and Mindful Movement*, each week, will be involved in:

- A guided meditation or mindfulness practice
- 30 minutes of mindful movement or yoga
- A weekly mindfulness topic –discussion and group sharing
- A weekly review of healthy living skills

Mindfulness strengthens our ability to pay attention to the present moment; to notice our thoughts, feelings and physical sensations with curiosity and without judgment. When inspiring awareness through mindfulness - instead of reacting *Mindlessly*, we react *Mindfully*

Session Begins:

June 24th – August 26th
Mondays
4:00pm – 5:15pm

Program Cost:

\$225

*contact 231-935-0355 if
financial assistance is required.

Class Location:

Northern Michigan
Psychiatric Services, PC
3287 –A Racquet Club Dr.

*Remember . . . your teen's Quality of Life can significantly improve
Socially, Physically, Emotionally, Cognitively and Academically
when they choose to lead a consistent, healthy lifestyle!*

About the Instructor

Wendy Weckstein, PT, MEd, is a Physical Therapist and Wellness Consultant. She is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). Wendy provides health and wellness evaluations, customized wellness programming, and healthy living and mindfulness classes for pre-teens, teens and young adults.

To Register:

contact Northern Michigan Psychiatric Services, PC at: [231-935-0355](tel:231-935-0355)

*Stressed Teens (MBSR-T) has been demonstrated through research to be an effective and evidence-based intervention to reduce adolescent stress and the physical and psychological problems that result.