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**Therapeutic Mind Body Expert**

**Providing a multi-dimensional approach to mental health**

Stress Management Specialist, Mindfulness, Meditation and Therapeutic Yoga Instructor Live and ZOOMwww.hartmindbodysolutions.com

**COURSES**

### SLEEP SOUNDLY

*This workshop focuses on the most universal – and sometimes elusive – of human activities: sleep.*

Sleep is not only a biological necessity but also a physiological drive. In today's fast-paced world, though, a good night's sleep is often the first thing to go. The effects of inadequate sleep are more than mere annoyances: they affect our mood and how we perform at school, work, and home and behind the wheel. Sleep appears be important in terms of memory function, regulation emotions, and immune system response in all humans. Lost sleep also accumulates over time; the more “sleep debt ” an individual incurs, the greater the negative consequences.

In this workshop you learn the science behind sleep, the benefits of sleep, effects of sleep deprivation, and an understanding of sleep cycles. You will learn the important relationship between your bodies two clocks. circadian rhythm and sleep/wake homeostasis. Most importantly you will develop an understanding of what causes sleep deprivation and what you can do to prevent it and remedy it. You leave armed with solutions for better rest including tips, simple yoga postures, breathing techniques, and meditations that guarantee better sleep hygiene. Please note, this workshop can be presented as a one hour summary workshop or a 3 part detailed series.

## JUST BREATHE

On its own, the act of respiration naturally energizes, cleanses, purifies, uplifts and reconnects us to a state of maximum balance as well as higher states of physical, emotional, mental and spiritual health.

When we use the breath skillfully, we can support the sympathetic (fight or flight) and parasympathetic (rest and digest) nervous systems, ensuring healthy physiological responses. Different breath practices can ignite different states—either elevating energy or relaxing the body. We can control our emotional states and nervous systems, depending on what we need and how we are feeling.

In this powerful experiential workshop, you will learn the foundations of breathwork, including the neuroscience, latest research and correct techniques for harnessing the power of your breath. We will practice a variety of valuable breathing techniques that are beneficial to balancing your nervous systems that help you become the most productive, efficient and happy version of you. In addition, I also offer private sessions with employees to help them develop a breath practice that is tailored to their specific needs

## INTRODUCTION TO MINDFULNESS

*Learn what mindfulness is, the neuroscience behind mindfulness and experience mindful meditation firsthand*.

Mindfulness is the new black! Mindfulness teaches an individual to be present in the moment, to be observant of their unique ideas, thoughts, and behaviors and to acknowledge their feelings and release them. The best part? Mindfulness techniques have also shown to be an effective tool for many stress-related conditions.

This one hour workshop is perfect for those without any meditation experience and combines the foundations of John Kabat-Zinn's MBSR (Mind-Based Stress Reduction), Dr. Herbert Benson's

SMART (Stress Management and Resiliency Training), and the foundations of the Kripalu’s RISE Program, an evidence based professional development program that is anchored in the science and practice of mindfulness, yoga and positive psychology.

## THE FOUNDATIONS OF MEDITATION

*Now more than ever we need the steadiness of mind and openness of heart....*

There are so many amazing scientifically proven physical and mental benefits of meditation for all ages! Enjoy this three or four week series that is designed to help individuals learn how to establish and sustain a daily meditation practice. This series is designed for beginners, and is also appropriate for those with some meditation experience who would like to revisit the basics of meditation and/or deepen their practice. Each session will include interactive talks, instruction, questions and answers, as well as multiple styles of guided meditation practices. There will be a home practice component that will be guided with an audio component as well. It required that students attend all sessions to receive the maximum benefit of the course.

### MANAGING ANXIETY WITH YOGA

Anxiety is on the rise, and is the most common mental illness in the United States. Stress and anxiety have been implicated as contributors to many chronic diseases and to decreased quality of life. Using yoga as a tool can have a wide variety of therapeutic benefits to help reduce anxiety. Yoga includes physical postures (asanas), breath regulation techniques (pranayama), meditation/mindfulness, and relaxation. Discover why yoga works through neuroscience education, yoga philosophy and practice! Please have a yoga mat and a blanket for your practice.