



Introduction to Mindfulness:

Mindfulness Teaching & Gentle Yoga Fusion

taylorfitzgeraldwellness.com

BENEFITS INCLUDE:

- Alleviated stress
- Eased insomnia
- Decreased anxiety
- Improved mood
- Increased self-awareness
- Enhanced resilience
- Increased compassion for self and others

SESSION INCLUDES:

Psychoeducation on researched benefits of mindfulness meditation practice.

A variety of evidence-based tools to integrate mindfulness into daily living.

A gentle hatha/vinyasa practice with guided meditation.

Resources for home practice and further study.



Facilitated by Nichola Taylor MSW RSW (registered social worker and group facilitator) and Kerri-Ann Fitzgerald MSW RSW RYT (registered social worker and certified yoga instructor). *Please bring a yoga mat. All other resources are provided.

Date: October 21, 2019

Time: 12PM-1:30PM

Location: Peter Clark Hall, North Wing-
University Centre 001A

