

If you are interested in participating in this program, please call to set up a free 15 minute consultation to mutually determine if the group is a good fit for you and your current needs. If you are already a client with Brookswood Counselling, your counsellor will help determine if you are a good fit.

Directions:



Take the 200th Street Exit off Hwy #1 going South. Turn Left on 40th Avenue. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a two main entrances; use the entrance at the front end of the building closest to the street. We are in Suite #107.

Yoga for Emotional Resilience, Relaxation & Self-Awareness



Yoga For Emotional Resilience, Relaxation & Self-Awareness

COST: \$120 + tax

Early Bird Rate: \$80 + tax
If registered by October 3, 2017.

NOTE* *Due to low cost, there will be no refunds for this workshop.*

Call now to register: 778-278-3411

Space is limited.

We accept: Visa, MasterCard, Debit & Cash



**BROOKSWOOD
COUNSELLING**

#107 20103 40th Avenue
Langley, BC V3A 2W3
Telephone: 778-278-3411

www.brookswoodcounselling.com

6-Weeks

Tuesdays: 7:30-9pm

**October 17, 24, 31 &
November 7, 14, 21
2017**

Facilitators



Morgan McKusick has been an intern at Brookwood Counselling since May 2017 and is currently in her final year of the Masters of Arts in Counselling Psychology program at the University of British Columbia. Morgan is a certified Yoga Teacher with training in Therapeutic Yoga for Trauma, Resilience and Emotional Well-being and has taught yoga to individuals of all ages and levels of experience. Morgan is passionate about sharing the benefits of using both the mind and body to optimize various aspects of emotional and physical well-being. She is currently conducting research for her Master's thesis on the potential of school yoga programs to increase emotion regulation in children.

What does this yoga group offer?

This group is designed for individuals who wish to explore using the body and mind together as resource to regulate emotions. During this group, attendees will have the opportunity to experience and discuss how tools derived from yoga can help alleviate anxiety, stress, and other forms of emotional distress. Facilitators will assist participants in learning how to develop and use body awareness, compassion and attention as ways to address physical responses (ie. panic attacks, low energy), and cognitive responses (ie. unhelpful thinking patterns, constant worry) to emotional distress.

What is yoga?

Attendees will be given the opportunity to practice postures, breathing techniques, guided visualizations and relaxation to increase the ability to focus and calm the mind while both strengthening and relaxing the body. Attendees will also practice mindfulness, the process of attending to one's experience of the present moment, in a compassionate, non-judgemental manner.

Do I need yoga experience to participate in this group?

No! While you do need to be able to have command and comfort with basic day to day movement, pre-existing experience with yoga is not required. The facilitator will provide instructions suitable for beginners and provide modifications or variations on postures when necessary.

What do I need to bring?



Please wear comfortable clothes that will allow for light movement and stretching. All participants are required to bring their own yoga mat.

“What happens in this group?”

The group is designed to be process-experiential, which means that members will have the opportunity share about their experiences and support each other as they learn new ways of coping. In a safe and supportive environment, guided by 2 intern counsellors, members will have an opportunity to reflect on their experiences and to connect with others. This is a closed group (no new members after the first session).

“Is the group right for me?”

The group is for adults (19 years of age and over) who are experiencing symptoms of anxiety or depression. The group is designed for individuals who are open to participating in the process of sharing with others, and giving and receiving support. **Interested members will be contacted before the group begins to mutually determine suitability.**

