

Still Waters' Wellness Workshops

YOGA + BASIC MINDFULNESS WORKSHOP

This class offers a unique blend of yoga, mindfulness, self-compassion, loving-kindness, and other experiential tools to enhance your holistic wellness. Participants will engage in yoga exercises for the first half of the session and then learn other wellness tools. It is designed to support individuals build self-care modalities and resilience to work through everyday challenges, leaving them with a refreshed mind and body. This group is led by counselor and yoga instructor Mansi Brat, Ph.D, LLPC, RYT.

**When: 7 Wednesdays, from February 7th to March 21st, 2018
4:30-6:00pm**

**Where: Lotus Room, Still Waters Counseling, 137 Keveling Dr.,
Saline MI 48176 (Behind Tim Horton's)**

ADVANCED MINDFULNESS WORKSHOP

For more
information
contact us at:

Phone 734-944-
3446

Email:
contact@still-
waters-
counseling.com

Space is limited,
reserve your spot
today!

This group allows you the opportunity to join others interested in advancing their knowledge, practice and daily application of mindfulness skills. Having a basic understanding of mindfulness, the desire to go further, and the willingness to commit to at least 15 minutes of daily meditation practice is needed in order to join this group. This group is led by Smita Nagpal, Ph.D., Licensed Psychologist and author of Mindfulness-Based Therapy published in *The Healing Room: The Need for Psychotherapy* (2017).

**When: 6 Fridays, Feb 16th to March 23rd, 2018
11:30am- 1pm**

**Where: River Room, Still Waters Counseling, 137 Keveling Dr.,
Saline MI 48176 (Behind Tim Horton's)**

