



Teen

# Mindfulness and Yoga Group



**Sessions:** 8 sessions / 8 weeks

**Day/time:** Wednesdays: 8:30-9:15 am

**Weeks:** June 11th - July 30th

**Fees:** \$100 per session- \$800 / full group

**Insurance Accepted:** Quartz, Medicaid,  
and BCBS/Anthem.

*\*\*Supplies included & mats provided\*\**

## How is Mindfulness Helpful?

- Reducing Stress and Anxiety
- Improved Mood
- Enhanced Self-Awareness of Emotions/Thoughts/Body Sensations
- Lower Blood Pressure
- Calms the Mind
- Improves Brain Function
- Reduces Chronic Pain

## Focus of Sessions:

### 1. What is Mindfulness?

Learn about mindfulness, autopilot, three breaths, intentions set, Stress Assessment #1

### 2. What is My Stress?

Stress checklist (walk the line), Just like me meditation, mindful breathing, ASANA

### 3. Awareness of Experience.

CBT thoughts and feelings, urges, mindful walk, ASANA

### 4. The Nervous System!

Learn about and calming the body and nervous system, body scan, PMR, impact of trauma/anxiety, ASANA

### 5. Lovingkindness Meditation.

Lovingkindness meditation, 3 deep breaths, Narrative we carry, ASANA



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## Contact Information:

Paula Witt MSW, LCSW, RYT-200

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**Email:**

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## Focus of Sessions:

### 6. Savasana Guided Imagery, Visualization

Practice guided meditation and imagery, use of calling on a calm peaceful place, ASANA

### 7. Mind Jar, Forgiveness Meditation

Create mind jars, Forgiveness Meditation, mindful sound, ASANA

### 8. Solidifying Mindful Practice

Rock painting of mantra, setting intention of mindful practice moving forward, Summary of group time, gratitude, and Stress Assessment #2

## About the Facilitator:

Paula is a licensed Clinical Social worker (LCSW) as well as a certified yoga teacher (RYT-200). She has over 17 years of experience providing psychotherapy to individuals, families, and groups in Madison and surrounding communities. A portion of her clinical practice is focused on supporting the mental health and wellness of student athletes and working with both high school and collegiate athletes.