

### **Yoga & Meditation at TCS**

These weekly classes focus on connecting the mind and body to improve overall mental, emotional and physical well-being. The classes include a variety of activities such as breathing exercises, yoga asana (poses), meditation, mindfulness, and relaxation. Yoga and meditation can provide students with highly effective tools for reducing stress. Students have the opportunity to increase their self-awareness and practice evidence-based tools for positive change and connection to self and others. Students may also notice an increase in their ability to tolerate distress, focus their mind, stabilize their mood, self-soothe, and respond vs. react to uncomfortable situations. The classes are appropriate for all levels. If you can breathe, you can practice yoga.

### **Registration**

Drop-in classes do not require registration and are available throughout the year. To join, students must go through Walk-In Clinic, obtain a referral, and sign a release. Students with any physical health concerns are encouraged to get approval from a doctor for yoga classes. Students are encouraged to show up to our drop-in groups whenever they need some support, or want to learn and practice yoga and/or meditation skills to improve their mental health.

*\*Classes for fall semester run August 27<sup>th</sup>-December 14<sup>th</sup>, 2018, but yoga/meditation offerings are cancelled when TCS is closed.*

### **Find us at:**

1700 North Broad Street, 2<sup>nd</sup> floor  
Philadelphia, PA 19121  
<http://counseling.temple.edu/>

### **Contact us at:**

T 215-204-7276  
F 215-204-5419

### **Fall/Spring Walk-In Clinic Hours**

Mondays	10:00am-1:30pm
Tuesdays	10:00am-1:30pm
Wednesdays	9:00am-12:00pm
Thursdays	10:00am-1:30pm
Fridays	10:00am-1:30pm



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## **Tuttleman Counseling Services**

## **Yoga & Meditation Offerings**

### **Fall 2018**



## **-Yoga Classes-**

### **AWAKEN YOGA (60 min)**

This class is appropriate for students who are feeling down, lethargic, and/or having difficulty waking up in the mornings. This class starts out slow, allowing students to gradually awaken their bodies and build energy, confidence and self-worth.

When: Mondays at 8:30 am

### **STRESS LESS YOGA (60 min)**

This gentle meditative flow will help students unwind after a stressful day. Students can clear their minds and let the tension melt away with this yin based practice.

When: Tuesdays at 6:30 pm

### **WIND DOWN (60 min)**

This class combines gentle yoga and Yoga Nidra to soothe the nervous system. Yoga Nidra is a type of guided meditation also known as Yogic Sleep. The class is slower paced with a focus on relaxation in the body and quieting of the mind. Poses are mainly done on the floor reclined, seated, or on hands and knees with a longer hold (1-3 min) and a slower, deeper breath to help facilitate the down regulation of the nervous system. This class can help students to decrease stress levels and have a good night's rest.

When: Wednesdays at 6:30 pm

### **MINDFUL MOVEMENT (60 min)**

In this practice you will be guided through a series of gentle stretches to practice mindfulness. The emphasis is on cultivating awareness rather than moving the body in any ideal way. You will be encouraged to remain present and aware of

body sensations, thoughts and feelings that arise with an open and nonjudgmental attitude.

When: Thursdays at 9:30 am

### **FROM RACING TO CALM (60 min)**

This class is appropriate for those with racing thoughts, excess energy, and difficulty in slowing down. This class will meet students where they are with a Vinyasa yoga asana (pose) practice to start. Students will then be lead into a gradual decrease of effort, easing students into a calm state of body and mind. (This is a medium to faster pace class)

When: Thursdays at 10:30 am

## **-Meditation Classes-**

### **INTERMEDIATE MEDITATION (30 min)**

Students with an existing meditation practice will be provided a space with an intentional use of silence to increase inquiry.

When: Mondays at 1:00 pm

### **BREATHE (30 min)**

Students will learn a variety of meditation techniques and types to find the right one for their personality and needs. This series will focus on guided meditations aimed to help students develop a personal practice.

When: Tuesdays at 12:00 pm

### **REIKI SHARE (30 min)**

Participants will receive Reiki for decreased stress and improved quality of life in a quiet, community setting.

When: Thursdays at 9:00 am

## **-Sign-up Groups-**

### **TRAUMA-SENSITIVE YOGA (60 min)**

This is an 8 week closed female-identified student's yoga group that gradually builds a student's ability to choose, feel connected and empowered, and develop a positive relationship with their body. (Registration and screening is required)

When: Thursdays at 1:30 pm (10/4 to 11/29)

### **KORU (75 min)**

This is a 4 week closed group that introduces and practices mindfulness and meditation skills. Students will learn to better manage stress and live more fully in the present moment.

(Registration and screening is required)

When: Thursdays at 3:00 pm (10/4 to 10/25)

### **Guidelines for Your First Class**

-Arrival: Please arrive 10 minutes early to sign the release and speak with the teacher about your specific needs so the appropriate modifications can be offered. (Students with any physical concerns/injuries or that are pregnant, this is required)

-Clothing: Loosely fitted clothing that allows for movement and layers as students often feel cold towards the end of class. Shirts are required and shoes are not to be worn unless medically necessary.

-Bring: Yoga mats are available on a first come, first serve basis. Students can bring their own mat, and a water bottle is suggested.

-Phones: Please silence or turn off your phone prior to class.

-Ability Level: All classes taught at TCS are for a variety of ability levels, but modifications will be offered.