

Yoga & Meditation at TCS

These ongoing 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 exercises. 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.

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. Students do not need to be enrolled in individual services after initial intake in order to attend. Drop-in classes may also be helpful for students awaiting their first therapy session or in between sessions.

*Classes are cancelled when TCS is closed.

Find us at:

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

Contact us at:

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

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



TEMPLE
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Tuttleman Counseling Services

Drop-In Yoga & Meditation

Summer 2019



Yoga & Meditation Drop-In Groups (60 min)

These classes are appropriate for all levels. If you can breathe, you can practice yoga. These classes offer a combination of yoga asana (poses), breathing, meditation, and relaxation. Modifications are provided as needed.

STRESSLESS 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: Thursdays 12-1pm

6/13, 6/20, 6/27, 7/18 & 7/25

GUIDED MEDITATION (60 min)

Students will learn meditation techniques to find the right one for their personality and needs. The guided meditations are aimed to help students develop a personal practice.

When: Tuesdays at 11am-12pm

7/9, 7/16 & 7/23

POWER & CONFIDENCE YOGA (60 minutes)

In this intermediate, flowing practice you will be guided through a series of powerful poses and affirmations that can foster focus and strength. The emphasis is on cultivating a sense of inner power, courage and confidence that you can take with you throughout the day. (This is a medium to faster pace class)

When: Wednesdays 10:30-11:30am

6/5, 6/26, 7/3, 7/10, 7/17, 7/24 & 7/31

REIKI & MEDITATION (60 min)

Guided meditation with a group reiki share.

When: Mondays 1-2pm

6/3 & 6/17

Guidelines for Your First Class

Arrival: Please arrive 10 minutes early for your first class to sign the release form and speak with the teacher about your specific needs so the appropriate modifications can be offered. For students with any physical concerns/injuries or students that are pregnant, this is required.

Clothing: Loosely fitted clothing that allows for movement. Shirts are required. Shoes and socks are not to be worn unless medically necessary. Layered clothing is suggested as students often feel cold towards the end of class.

Bring: Yoga mats are available on a first come, first serve basis. Students can also bring their own mat or towel to practice on. A water bottle is also suggested. If you prefer to practice with props, please bring your own.

Food: Unless otherwise advised, try not to eat a large meal in the hour before class.

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. Modifications are offered for many of the poses so the students can choose what works best for their body in that moment. If a student would like a modification and one is not offered, or the offered modification is not appropriate for them, they are encouraged to ask about alternatives.