

### 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 may 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.

#### Group Guidelines:

1. Group sessions will be held via HIPAA compliant Zoom.
2. It is important to have a secure internet connection, to be in a quiet, private space where others do not have access the group session or your device. Please use headphones for added privacy and protection if applicable.
3. Recording of group sessions or use of the chat feature for anything other than logistical issues (e.g., inability to access handout) is not permitted.
4. Video must be on during session. We ask that your audio remain muted unless you are participating.
5. Please use a computer or device that has access to Microsoft Word and YouTube.
6. Please be punctual. You will be admitted to a virtual waiting room. **Access to group will close after 7 minutes.**

#### 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 Registration Hours

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



TEMPLE  
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# Tuttleman Counseling Services

## Virtual Yoga & Meditation Offerings

*-Fall 2021-*



*(Yoga classes for the fall semester begin 9/13, but are cancelled during fall break and when TCS is closed)*

## **-Yoga Classes-**

### **SLOW FLOW, STRESS LESS YOGA** **(60 min)**

This gentle class will help students unwind and start their day with a sense of calm and focus. It can clear their minds and let the tension melt away with this slower movement practiced followed by a short meditation.

When: Thursdays at 10:00 AM

### **EMPOWERMENT YOGA** **(60 min)**

This class utilizes breath and movement practices to increase confidence and boost mood/energy. The class is active in nature. All levels welcome. Modifications and progressions will be offered.

When: Monday at 3:00PM



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

### **RADICAL ACCEPTANCE YOGA** **(60 min)**

The intention of this 8-week closed group is to provide a safe space for self-inquiry and contemplation through the practice of yoga and meditation. We will explore the chakras (energy centers) through a diverse lens. The class will include meditation, a breath-based flow, and restorative poses that infuse self-compassion and love.

(Referral and screening are required)

When: Wednesdays at 10:00AM  
(Group runs 9/29 through 11/17)

### **FINDING PEACE IN PRESENCE** **(60 min)**

This a closed 6-week group that is a beginner's mindfulness meditation course specifically designed for college students. Participants will learn how to manage stress, live more fully in the present moment and walk away with a variety of relaxation skills including breathing and body awareness practices, gentle movement and practices that help manage thoughts and emotions.

(Referral and screening are required)

When: Tuesdays at 10:30AM  
(Group runs 9/14-10/19 & 10/26-12/7)

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

-Arrival: Please log in a few minutes early to speak with the teacher about your specific needs so the appropriate modifications can be offered. (For students with any physical concerns/injuries or that are pregnant, this is required)

-Clothing: Loosely fitted clothing that allows for movement is encouraged. Shirts and longer shorts/pants are required.

-Bring: Yoga mats or any soft surface to practice on is helpful, and a water bottle is suggested.

-Experience Level: All classes taught at TCS are appropriate for all levels including beginners.

***These offerings DO NOT meet during  
Fall Break (11/22-11/24)***

