



# YOGA WITH TCS

Tuttleman Counseling Services (TCS) offers weekly yoga and meditation sessions that focus on connecting mind and body to improve overall mental, emotional, and physical wellbeing. All TCS yoga and meditation offerings are trauma-informed and are **appropriate for all levels, including beginners!**

Somatic-based treatments such as yoga and mindfulness practices help students to develop highly effective skills for reducing stress and managing anxiety and depression. Students may notice an increase in their ability to tolerate distress, focus their mind, stabilize their mood, and self-soothe, thus allowing for a greater sense of calm and peace.

**Fall 2022 offerings meet Aug. 22-Dec. 8. Offerings will not meet during breaks (9/5 & 11/21-11/27) or when campus is closed.**

## -IN-PERSON OFFERINGS-

### STRESS LESS YOGA (60 MIN)

This drop-in class features mindful movement and restorative practices alongside meditation and breathwork to aid in reducing stress.

**Wednesdays at 4:00pm**

### PEACEFUL EMBODIMENT YOGA (60 MIN)

This drop-in class will utilize mindful movement to explore specific themes over the course of 8-weeks. Students are welcome to choose the classes they wish to join.

Week 1 & 9: Safety	Week 5 & 13: Power
Week 2 & 10: Boundaries	Week 6 & 14: Intuition
Week 3 & 11: Strength	Week 7 & 15: Trust
Week 4 & 12: Assertiveness	Week 8 & 16: Community

**Tuesdays at 10:00am**

**Wednesdays at 10:00am**

### MINDFULNESS TOOLKIT (50 MIN)

Within this closed group, students will learn 4 common mindfulness strategies (Mindful Movement, Mindful Listening, Mindful Breath, Body Scan) for managing stress and emotions. Must commit to attending all 4 sessions!

**Sessions start 9/14, 10/12, & 11/9**

**Wednesdays at 12:00pm**

## -VIRTUAL OFFERING-

### MINDFUL MOMENT (30 MIN)

Take a moment for mindfulness! In these brief drop-in sessions, we will engage in a variety of mindfulness practices to help with managing stress and emotions.

**Zoom Meeting ID: 926 0280 3206**

**Mondays at 3:00pm**

**Tuesdays at 12:00pm**



## -GUIDELINES-

- Wear comfortable clothing that allows for easy movement. Socks are optional!
- Bring a bottle of water.
- Check in with the front desk once you arrive.
- Plan to arrive a few minutes early if you would like to speak with the teacher about any specific needs.
- **Pre-sign up is required.** Please email [tcsyoga@temple.edu](mailto:tcsyoga@temple.edu) to sign up!
- **No students will be allowed entry after the first 7 minutes of class.**
- **Masks are required for all in-person offerings.**

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