

-IN-PERSON OFFERINGS-

YOGA FOR HEALING (60 MIN)

The focus of this class is for students to embody safety through a gentle practice that honors personal choice and a safe connection to one's body.

Mondays at 2:30pm

Tuesdays at 12:00pm

STRESS LESS YOGA (60 MIN)

This slower-paced class features restorative movement alongside meditation and breathwork to reduce stress.

Mondays at 4:00pm

Tuesdays at 2:00pm

PEACEFUL EMBODIMENT YOGA (60 MIN)

This class will utilize yoga philosophy to embody specific themes over the course of 8-weeks. Students are welcome to choose to attend some or all of the themes!

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 10:30am

ADJUNCT YOGA SESSIONS (30-60 MIN)

These 1:1 yoga sessions are available (Monday-Wednesday) for students who would like to explore yoga therapy and are unable to attend the group offerings ONLY. Email tcsyoga@temple.edu for scheduling!

-VIRTUAL OFFERINGS-

MINDFUL MOMENT (30 MIN)

Take a moment for mindfulness! In each brief drop-in session, students will learn a different mindfulness practice to help with managing stress and emotions.

Zoom Meeting ID: 926 0280 3206

Wednesdays at 12:00pm

-GUIDELINES-

- **Pre-sign up is required.** Please email tcsyoga@temple.edu to sign up!
- Wear comfortable clothing that allows for easy movement. Socks are optional!
- Masks are required. Bottle of water is encouraged.
- Check in with the front desk once you arrive.
- **No students will be allowed entry after the first 7 minutes of class.**

Spring 2023 offerings meet Jan. 17-May 10. Offerings will not meet during breaks (3/6-3/10) or when campus is closed.

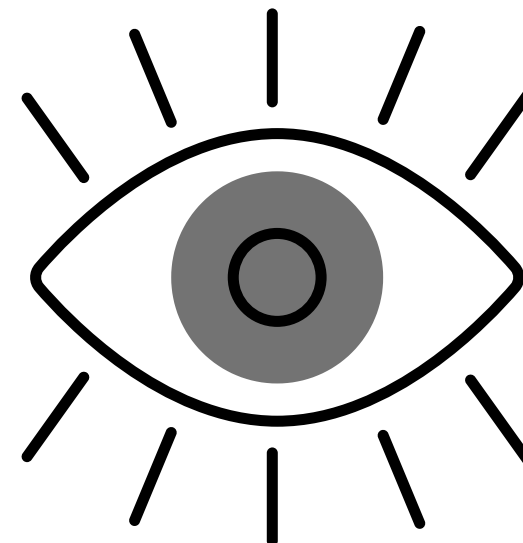
1700 North Broad St., 2nd Floor

Philadelphia, PA 19121

Tel: 215.204.7276

Email: tcsyoga@temple.edu

<http://counseling.temple.edu>



YOGA WITH TCS

Tuttleman Counseling Services (TCS) offers therapeutic 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!**

Emotions override thoughts, every time. Yoga and mindfulness invites us to notice our feelings through a regular practice of quieting the mind, allowing the subtle sensations of the body to arise. Connecting mind and body through somatic-based practices like yoga and meditation can help to reduce stress, increase distress tolerance, focus the mind, manage difficult emotions, stabilize mood, and self-soothe, creating a greater sense of peace and serenity.