



Mindful Movement for Mental Health

WHEN: FRIDAYS FROM 9:15-10:15AM

DATES: 6/18, 6/25, 7/2, 7/9

WHERE: 800 W WILLIAMS ST #203 APEX, NC

COST: \$35/SESSION

LENGTH: 60 MIN (4 SESSIONS TOTAL)

PARTICIPANTS: 4

A four-part workshop where participants will explore how to improve mental health stability with mindful movement and gratitude. The workshop will include psychoeducation, mindful movement, and processing in a group setting. This group is appropriate for individuals who would like to develop better coping skills, are physically cleared by a physician to participate in yoga classes, and who are willing to engage in a daily practice of mindfulness and gratitude between groups. Participants need to be clean and sober during the workshop groups.

Group members will be required to wear masks.



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