

Mind-Body Practices for Coping with Home Isolation: A Zoom Video-conferencing Group



- Explore gentle movement (yoga), breathing, and visualization practices that help promote feelings of ease and relaxation
- Reduce stress-related muscle tension
- Connect with others around the challenges of social distancing
- Learn simple tools and strategies to reduce stress that you can use on your own

Movement practice can be done in a chair or on a carpeted floor or yoga/exercise mat.

- **Location: Your home through the Zoom App** (can be accessed through smart phone, computer, or tablet)
- **Date: 7 Fridays starting April 17th through May 29th**
- **Time: 12:00- 1:00 pm**

Led by Sally Olmsted, LICSW and Emily Heerd of the Wellness Collaborative

For more information and/or to register call Sally at 479-4083
or email at sally.olmsted@wcmhs.org

Pre-Registration is Required!

The Wellness Collaborative of Washington County Mental Health Services is dedicated to A
Holistic Approach to Health and Wellness, Supporting Individuals Through the Stress of Daily Life