

Teen Meditation & Mindfulness Group

WHO This group is for teens, ages 13 to 17 who want to learn mindfulness practices that may help reduce symptoms of stress, anxiety, depression, and increase ability to cope with life's challenges.

WHEN September 19th, 26th
October 3rd, 10th, 2018

Wednesdays, 5 — 6:00 PM
(Group is 4 weeks long).

Contact us today to schedule!

WHERE Sentier Psychotherapy
670 Cleveland Ave. S.
St. Paul, MN 55116

FACILITATOR
Shelly Graf, M.S.W., LICSW

CONTACT Megan Sigmon-Olsen,
Therapist/Owner of
Sentier Psychotherapy

(763) 913-8261
msigmon@sentiertherapy.com

Together we will learn the basic principles behind mindfulness practice and we will explore together how being mindful or aware of our moment to moment experience can lead to freedom from stress and worry. We will learn to relate to difficult emotions with greater ease and we will be better able to show up in a good way for ourselves, our family, and friends. Each group will include guided mindfulness practices and opportunities to discuss what we're learning with each other.

Mindfulness practices that we will explore together include Yoga, Body Scan, Loving-kindness practice, walking meditation and awareness of breathing meditation. Health benefits of mindfulness practice include decreased anxiety, improved sleep, improved coping skills, and increased relaxation.