

Mindful Meditation and Movement

Take time to restore yourself after the busy Holiday Season **WORKSHOP**

Each session will contain a facilitated Mindful Meditation practice and a gentle movement sequence that emphasizes balance and grounding in the present moment. Breathwork and guided visualization exercises will follow. Benefits include stress reduction, promotion of healing, energy, strength, flexibility and greater well-being.

cost:

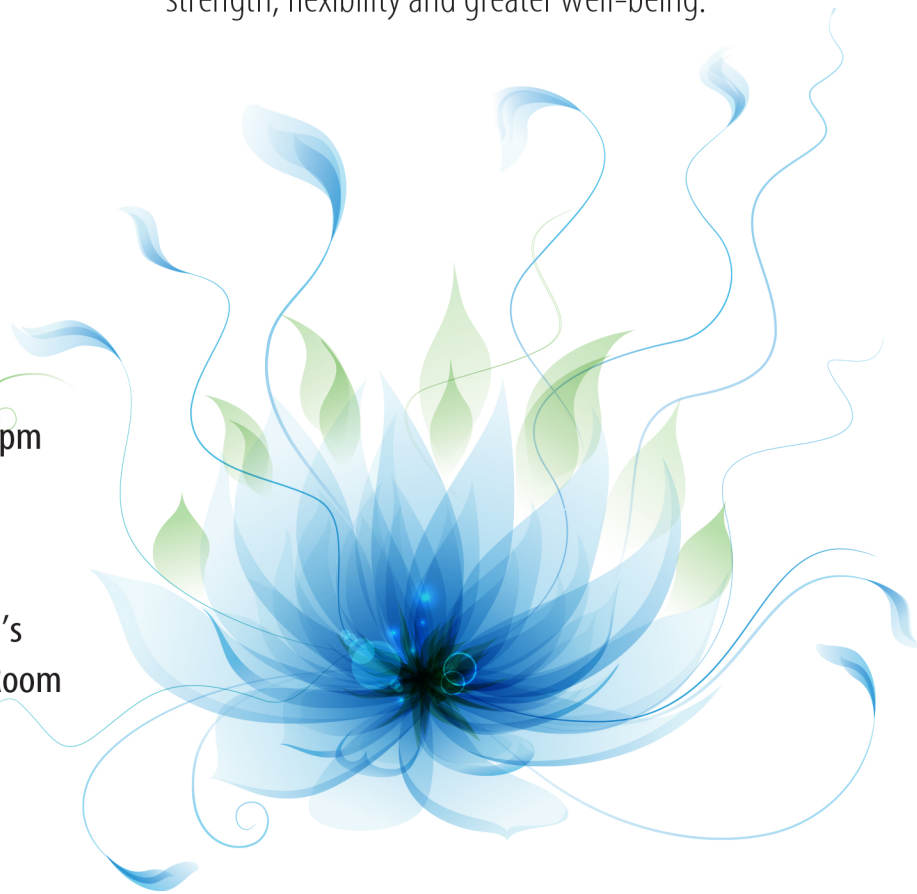
\$125 per person

when:

Six Consecutive Weeks
Fridays • 10:30 am - 12 pm
Starting March 3, 2017

where:

Sonoma Valley Hospital's
Basement Conference Room
347 Andrieux Street
Sonoma, CA



"This *workshop* is an opportunity to learn and practice together in a small community that encourages a sense of comfort, learning and support."
- Patricia Brooks.

Class size is limited to 20 participants, so register early!

To register, or for more information, contact Patricia Brooks at **707.935.2900**
or email: ckrusedelarosa@svh.com

About the Instructors



Patricia Brooks, LCSW, PhD

Patricia is a licensed Clinical Social Worker in the state of California and earned a PhD in Healing Psychology and Integrative Medicine in 2003. She has worked in the health care field for over 40 years specializing in the Mind/Body connection. She is a certified Clinical Hypnotherapist with an eclectic treatment approach tailored to individual needs. www.healing-psychology.com



Kristine Marchus, MA, RYT

Kristine is on the faculty at Santa Rosa Junior College where she teaches dance and Yoga. She is a certified Yoga instructor and teaches Yoga for children and adults at The Yoga Community and at the Moldovan Academy in Sonoma.