



MIND BODY WELLNESS SERIES

Description

Join Brent Burnham for any or all wellness series workshop sessions. Each workshop session will include a 45-minute presentation on a research-based topic followed by a 45 minute restore yoga session.

Each presentation will provide information to help participants gain more knowledge and awareness on a variety of topics to promote personal, family, career and social well-being.

Restore yoga sessions will provide an opportunity to nurture the body, mind and soul through gentle supported yoga poses and various breathing techniques.

Brent Burnham is a yoga alliance certified 200 hr. RYT yoga teacher with over 400 total hours of training in Yoga as a Therapeutic Tool and Restore Yoga. He holds a M.S. degree from the University of Utah in Educational Psychology.

*Space limited to 12 participants. A \$15.00 deposit is required to secure registration. The deposit is refundable after attending the class or can be applied as a donation.

WORKSHOPS

GROWTH MINDSET PHILOSOPHY

MAY 24, 6:30-8:00 PM
*DONATION BASED

AUTHENTIC HAPPINESS

MAY 31, 6:30-8:00 PM
*DONATION BASED

MINDFULNESS BASED STRESS REDUCTION

JUNE 7, 6:30-8:00 PM
*DONATION BASED

UNDERSTANDING PERSONALITY

JUNE 21, 6:30-8:00 PM
*DONATION BASED

LOCATION

Growing Light Montessori
School 474 E. Main Midway

Register at
sebprograms@gmail.com

Space limited to 12
participants \$15 deposit
required for each class