

Laurie Hamer

B.A./B.Ed. M.C. Psych.



Registered Prov. Psychologist ♦ Consultant ♦ Registered Yoga Teacher

WORKSHOPS FOR MINDFUL SCHOOLS

After 13 years as a high school teacher and school counselor, I can say two things with absolute certainty: teenagers need instruction on stress management and emotional regulation alongside opportunities to practice; and adults do too. Quite simply, when our stress responses are activated our ability to be proactive, creative, and conscientious is restricted. What I learned during my clinical practice in mental health and again during my yoga teacher training in Bali, Indonesia, was that **we influence peace in others by tapping into our own mindful presence**. Over time, my own practice evolved to include informal daily grounding techniques, meditation, visualization, progressive muscle relaxation, aromatherapy, and yoga. Mindfulness means finding presence in your day-to-day, moving with intention through all that you do. **It does not require you to take on anything new**. Regardless of your practice preference, all mindful activities involve one basic underlying tenet: we must slow down! It's with a high level of respect and empathy that I encourage everyone to access opportunities to cultivate stillness in their lives, even in small bits, and yes, in spite of the incessant expectations placed upon them. **Research continues to support the paradox that by taking time to slow down and focus our attention on one, single object – be it breath, touch, taste, smell, or movement – we become more efficient and strengthen interpersonal connectivity, generating time and energy in the end**. By offering mindful living consultation, yoga instruction, and personal counselling, I help individuals fully experience the journey of achieving their full potential... because we only get one life.

lhamer@telus.net

403-331-1925



www.lethbridgecounsellingandyogatherapy.com

WORKSHOPS FOR STUDENTS



Introduction to Mindful Living for Teens

Students will learn the benefits of drawing attention to the present moment. Experiential activities will be used to familiarize students with formal and informal mindful practice. Each participant will receive informational resources (print and digital) including upcoming opportunities to join mindful activities designed for teens.

Yoga for Youth

Introductory sessions (offered in-school) will gently expose students to the fundamentals of yoga practice and common yoga asanas (poses). Instruction on proper alignment and pranayama (breath and energy control) will aid in maximizing benefits while reducing susceptibility to injuries. Yoga is proven to enhance attentional focus, improve mood, reduce anxiety and evoke an overall calming response in children and youth. Available to all grade levels as a single session or recurring experience, teachers can book varying class lengths to suit their classroom schedules and the needs of their students.

WORKSHOPS FOR SCHOOL STAFF



Mindful Teaching

Drawing from recent research on the social nature of neurobiology, teachers will be guided through a series of experiential activities intended to enhance their interpersonal effectiveness. Teachers will leave with a collection of resources and practical strategies in the growing field of contemplative education. ***In-class demonstrations and supervision/guidance available upon request.***

Yoga for Teachers & Support Staff

Perfect as a staff wellness initiative, *Yoga for Teachers & Support Staff* comes right to the school. Schools can access a one-day wellness class on professional learning days or book a weekly session. Class times can be set to accommodate teacher/school schedule.

Mindful Interventions for Counselling Teens

Ideal for school counselors and student support workers, this session explores a variety of interventions for managing stress, anxiety, depression, grief, and many other common issues. Participants will encounter experiential activities drawing from acceptance and commitment therapy and mindfulness-based stress reduction models primarily. ***Further resources and specific case consultation is available.***