

# Workplace Offerings for Employees

Mindfulness • Movement • Meditation



## Workshops and Classes

We teach people how to reset the brain and foster resilience to help promote optimal health and wellbeing. Workplace trainings integrate three core practices to improve attention and performance in life via the body and the brain: mindfulness, movement and meditation. Taking time to focus on your breathing and taming the mind are valuable aspects to overall cognitive functioning. Taking time to both move the body in beneficial ways and create a space to rest in stillness are essential.

We will learn tools known to:

- Lower stress & anxiety
- Improve brain function & memory
- Release tension & discomfort in the body
- Keep immune system strong

These easy tools may include gentle movements, guided visualizations and mental exercises geared to retrain and strengthen ourselves inside and out. We can all learn to retrain the brain and build new neuropathways with repetition and focus. With regular practice, when we create a gap in our usual stream of thinking, spaciousness arises and thus, an inner peace that is vibrant and alive.

Specially tailored staff or student training workshops, semester long programs and ongoing lunch break or evening classes are all available. Please inquire.

## Instructor

Stephanie Congo, BS, RYT, EEM-CLP, is an expert in the mind body connection. Stephanie is an insightful instructor of yoga movement, mindfulness tools & meditation techniques. She holds a 200 hour Yoga certification totaling 2500+ hours of advanced yoga & subtle energy body training. Her professional practice guides and supports people to wellbeing with a therapeutic and gentle approach.

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