



Mindful Way to Stress Reduction Mindfulness and Tai Chi Instruction for Middle School Students

6th – 8th grades

Eight-Week Course for Stress Reduction with Patricia Ward, M.Ed., Mindful Schools Certified Instructor and Brenda Schroeder, LMSW, Evidence-Based Qigong Certified Instructor

Free Introductory Class: January 7, 2016

7-8 pm Location: Hadley Clinic

\$160.00 per student

(Scholarships available upon request)

Hadley Clinic 1140 Monroe Ave NW #5201 Grand Rapids, MI 49503

Class dates: Thursdays 7 – 8 pm Jan. 14, 21, 28, Feb. 4, 11, 18, 25, and March 3, 2016

Middle school students today are under significant stress. Learning how to initiate self-care is a major goal for this course. Students taking this course will learn tools for dealing with their stressors. During this eight-week course students will learn to recognize stress as it appears in their bodies. They will discover how their emotions play a part in their own lives and in their interactions with others. They will learn how to become aware of their own internal dialogue and how it affects their thinking and activates the stressors in their lives. Tai Chi promotes balance both physically and emotionally, facilitating emotional regulation and focused attention through increased awareness and control of the body in motion and the intention of the mind. Mindfulness and Tai Chi practices will be integrated throughout the hour-long lesson.

Instructors:

Patricia Ward has her Masters in Education degree with over a 30-year career in education. She has just completed a yearlong study with Mindful Schools and is now a Mindful Schools Certified Instructor. She has taught Mindfulness in Pre-school through High School classrooms and after school classes for the last several years.

Brenda Schroeder is a certified School Social Worker and licensed MSW with over 30 years experience working with youth. She is also certified in EBQ (Evidence-Based Qigong) from the Center for Taiji and Qigong Studies and has been practicing Tai Chi and Qigong for over 20 years.

To register please visit: <http://grandrapidscenterformindfulness.com>

Or call: 616-204-2099

Additional Information can be found on my website: <http://www.mindfulmomentsinedu.com/>