

# Everyday Mindfulness for Grounding

November 17, 2021

13:00-14:00

Mindfulness can be defined as our ability to pay attention on purpose, non-judgmentally, in the moment to sensations, thoughts, and emotions. As humans our bodies and nervous systems are wired for safety, connection, and meaning however trauma and chronic stress can leave us feeling frozen in time or hyper-vigilant as an adaptation and protection (If it happened once it can happen again, if this worked once it will work again). Sometimes we may feel anxious, afraid, angry, overwhelmed, powerless etc and the intensity of these emotions may feel like they don't quite fit what's happening, or may cause us to act in ways that are out of alignment with who and how we want to be. In this class we will explore how the nervous system, brain and body process stressful experiences, how trauma interrupts these processes, and grounding techniques for re-orienting to the moment.



## Speaker:



Michele Theoret Registered Yoga Therapist, Registered Psychologist, Owner Empowered U: Yoga & Psychology. In my work as a therapist and teacher my focus is on creating safe trauma-informed spaces; meeting clients where they are at in life; and inspiring a compassionate curiosity about who we are, how we might have arrived here, and what else might be possible. I work with individuals age 13 and up, couples and organizations who are seeking tools to support healing and growth. I have worked alongside First Nations organizations, including First Nations Telehealth Network in a supportive role offering trauma informed yoga courses, mindfulness, and psycho-education on trauma and stress.



Target Audience:  
Everyone welcome

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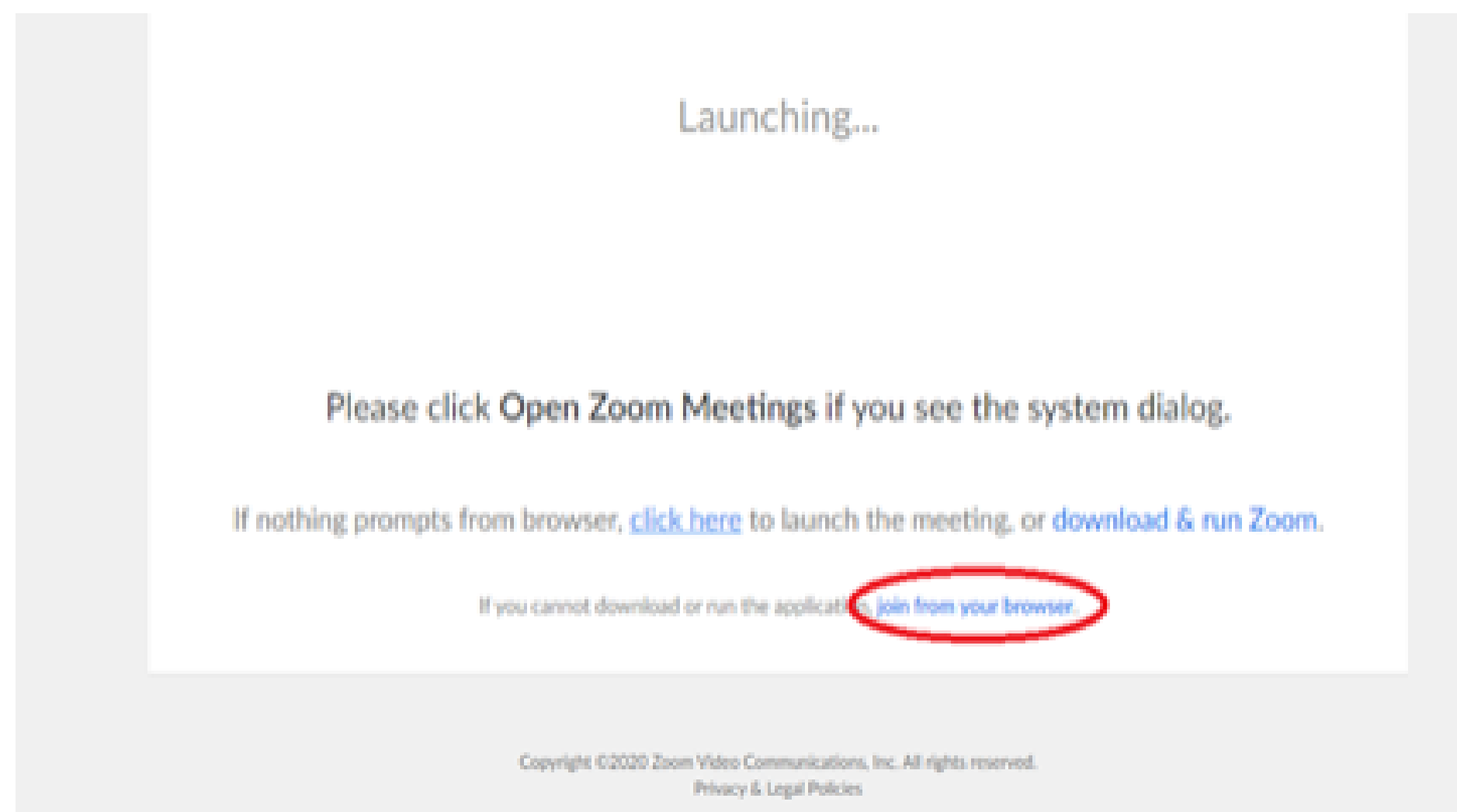
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