Come explore the practice of body, breath, mind, and spirit. Students will learn yoga asanas (poses), meditation techniques, and breathing exercises that have been shown to decrease anxiety and lift the mood. Emphasis will be placed on reconnecting to wholeness, increasing positivity, and finding freedom of being. Students will be encouraged to read The Gifts of Imperfection by Brené Brown as a guiding text for this class. A pre-group screening will be required to determine if this group will be appropriate to meet your needs. Mats and props are provided.

This group requires an initial assessment at CAPS [1]. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group.

Use the group interest form [2] with questions or to express interest in the group to the facilitators.

Photo, Yoga Class At Youth Radio 4 [3], Youth Radio, Flickr Creative Commons

Source URL: https://caps.unc.edu/services/group-therapy/yoga-emotional-wellness

Links
[1] https://caps.unc.edu/services/initial-assessments
[2] https://caps.unc.edu/services/group-therapy/how-join-group
[3] http://www.flickr.com/photos/29360537@N03/4566755310/in/photolist-7XxPfw-7CXiRd-81sUJX-9CisW5-8RV7ji-7LLyRc-7LLBfg-ada2Kq-ad76Y6-ad71on-ad9Z4A-7M7gWq-ahMDdV-dPiRqd-dSmjBW-9G56YS-bukzjm-dQWzyB-9G2cYD-9G2cPk-9G56S9-boYDBf-dQWzrD-8TNm9d-8TKhfR-8TKhtZ-8TNkT7-