

LYFE Teen Mindfulness Group



What kind of *relationships* do you want?

How do you want others to **see you**?

Are you *happy* with yourself?

Do you have the **skills** you need to deal with **STRESS**?

How do you **manage** all that happens in your life?

How do you know when you've made a **choice** that is good for you?

How do you feel at *peace* and *calm* when everything around you is **crazy**?

High school is difficult! You probably have a few questions about life and need a place where you can openly talk about things and get some information. Join our teen mindfulness group to answer these questions and explore your personal style of managing stress, while learning a few very helpful skills for dealing with your life and becoming an adult. For more information or questions, please **contact Shelly Sowell, M.Ed., NCC at (310) 318-4009**.

Logistics

Participants: Teens in high school, limited to 10 participants

Time: 90 Minutes

Cost: \$300 total for all 6 sessions (cost of materials included)

When: Group will take place from _____. If you have a conflict, but are still interested, please contact Shelly and ask about additional group possibilities.

Where: LYFE Yoga, Hermosa Beach

Contact: Shelly at shellysowell@live.com or (310) 318-4009. Registration process includes a discussion to make sure this group is a good fit for participant. Call or email for form.

Reserve a space by _____

Class involves:

- Learning Mindfulness practices to reduce stress, increase attention/concentration, boost immunity, enhance contemplative and relational skills, enhance academic performance, find clarity around ethics/values
- Discussing key topics that teens deal with in a collaborative and supportive environment. Topics include: healthy relationships, stress-management, social choices, understanding emotion, managing thoughts, substance use, body image, food, dating, parents, etc.