

# PEACEFUL MINDS AND JOYFUL HEARTS

## Using Yoga and Mindfulness to Lower Stress and Anxiety *A Skill Enhancing Retreat for Teen Girls (ages 14-17)*

This one day retreat will help girls learn ways to feel more calm, centered, and confident in the midst of change, uncertainty, and the many pressures of being a teen girl in a media-saturated and fast-paced world.

Hatha yoga, mindfulness, breath awareness, self-compassion practices and connection with others can help to mitigate the high stress levels experienced by many teen girls.

During the retreat, participants will experience mindfulness practices, hatha yoga, art making, connection with others, guided relaxation, and simple breathing practices that promote self-acceptance and emotional balance while helping to reduce symptoms of stress, anxiety, and depression.

**HELP YOUR TEEN START THE SCHOOL YEAR  
WITH A MORE PEACEFUL MIND, RELAXED  
BODY, AND CONFIDENT SPIRIT!**

Cost: \$195 early bird (Register by August 1, 2018)  
\$225 after August 1; Price includes lunch

Date: Saturday, August 11, 2018

Time: 10:00 a.m. – 5:00 p.m.

Location: Art Therapy Austin: 1200 E. 11<sup>th</sup> Street, Suite 109, 78702

To register, e-mail [anitastoll@gmail.com](mailto:anitastoll@gmail.com) or call 512-789-3548 for more info.

All practices are beginner friendly.

This retreat is limited to 10 participants.

Facilitated by Marcia Sherrod, LCSW and Anita Stoll, LCSW, C-IAYT

**Peaceful Minds and Joyful Hearts**  
**Using Mindfulness and Yoga to Lower Stress and Anxiety**  
*A Skill Enhancing Retreat for Teen Girls (ages 14-18)*

August 11, 2018 10 a.m. – 5 p.m.

**About the facilitators:**

Anita Stoll, LCSW, C-IAYT is a psychotherapist and yoga therapist who works with children, teens, and adults in private practice in Austin, Texas. Since 1999, she has been dedicated to exploring and sharing the many ways that yoga, meditation and other mind-body practices can help girls and women to move through difficult life transitions, heal anxiety and trauma, and develop greater inner strength, calmness, and compassion. She is the co-founder of Yoga and Talk® and teaches and practices hatha yoga and meditation in the Shambhava Yoga® tradition. [www.yogaandtalk.com](http://www.yogaandtalk.com)

Marcia Sherrod, LCSW has been studying mindfulness, meditation, and yoga for over 20 years, including clinical applications of mindfulness and self-compassion for adults, children, and teens. She loves working with adolescents and has worked with them in residential treatment, mental health centers, and a nonprofit counseling center. Currently, she leads mindfulness based psycho-educational groups in Austin, TX. While taking off time to stay home with her 3 children, she devoted her continuing education efforts to mindfulness-based interventions and dance/movement therapeutic techniques, as well as developing her own meditation practice. She is delighted to co-lead with Anita Stoll, LCSW who taught her to meditate after years of being convinced that her mind was too busy.