

NEWS RELEASE

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603 West Park Street, Sheldon, Iowa 51201
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2nd Annual Mind Body Day to be Held at the LLRC

Calm your mind. Boost your energy. Strengthen your body. Join the trainers at the LLRC for their 2nd annual Mind Body Day Saturday, April 30, at 9 AM.

There is a powerful mind-body connection through which emotional, mental, social, spiritual, and behavioral factors can directly affect our health. Come learn about practices that support the mind-body connection and experience different yoga classes/practices, learn about aromatherapy, and meditation during this FREE day of mind body wellness.

45 minute sessions include:

- 11 AM Soul Flow with Ariel
This class flows with the breath and focuses on experiencing the joy of yoga as your body opens into the poses. This class will feature asana, pranayama, and meditation paired with the philosophy behind the practice.
- 12 PM Peaceful Warrior Flow with Brian
A challenging yet grounded flow customized to create endurance and stability, ending with a strong seated asana sequence leaving you deeply rooted and at peace.
- 1 PM Kundalini Yoga with Jackie
Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to awaken the entire system. In Kundalini Yoga we harness the mental, physical, and nervous energies of the body and put them under the domain of the intention. This practice precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul. This is a classical kundalini style class and different from Vinyasa flow. Also a great class to try for any yogi.
- 2 PM Yoga Nidra with Jackie
Yoga Nidra is a style of “yogic sleep” where the student is guided into deep wave patterns in the brain - offering extremely relaxing and stress reducing benefits.

Meet the Instructors:

- Jackie Paulson
Jackie is a registered 200 hour yoga teacher, licensed mental health counselor and energy worker. She is the owner of **{be}Studio** in Sioux City, IA. Her intention in guiding your practice and healing is to assist you in moving through kinetic and energetic experiences to increase the awareness and meaningfulness in your life. Remaining authentic and vulnerable to build a space for the creative and sacred force to awaken within others is a vital intention for her life.

- **Brian McCormick**
Brian's mission as a yoga instructor is simple. "Learn to live a life that serves others and learn through those I teach." He was trained in Sioux City at Evolve Yoga through Omaha's Lotus House of Yoga in 2014. Receiving his RYT 200 hour certification and will soon be an ERYT 200. Yoga to Brian is an avenue of life expression and exploration of the physical body as well as the soul. That being said, Brian believes Yoga can be whatever it is that you want to be, a good stretch, a workout, or a chance to find a little peace of mind or all of the above. Brian currently teaches Peaceful Warrior Flow, Vinyasa Flow, and "Old Fat Guy Yoga" at Evolve Yoga in Sioux City.
- **Ariel Gonzalez**
Yoga continues to change and shape Ariel's life, making room for passion, purpose and love. She says it has helped her conquer anxiety and issues with herself, allowing her to fully step into my truth. Her intention is to help students flow through their own practice, infusing the breath and the heart's desires to cleanse the soul, igniting and radiating the light within. Ariel completed her 200hr training through Evolve Yoga & Wellness in 2015.

Nourish your body – healthy refreshments will be served.

Pre-registration is recommended, but not required. Please call 324-2493. Please bring your yoga gear (mat, block, strap, etc.) – we will have some equipment available for those that do not have their own yoga equipment.

This event is FREE to our community – the Lifelong Learning & Recreation Center is committed to being a resource for wellness information and promoting lifelong wellness and learning.