



## Registration Open for Free Event!

### Central Minnesota Inside Out Connections

### Building Community Support for Children of Incarcerated Parents

#### **Looking Through the Eyes of Trauma: Using Mind Body Practices**

This free workshop will enable participants to deepen their understanding of the impact of trauma and stress on our minds, bodies and hearts. During this workshop, participants will experience the 5's of self-care. Through hands-on learning, reflection and discussion participants will explore breathing exercises, regulating movement and relaxation techniques for stress management to incorporate into their personal and professional life. Easy to understand discussion of neuroscience and stress response are explored to inform participants on the power of the brain-body connection. Participants will walk away with plan of action for their own self-care and ways to use mindfulness in their work.

#### **Objectives**

As a result of participation in this workshop participants will:

- Explore the impact of trauma/stress on the nervous system and how to utilize mind-body practices.
- Experience the role of movement, breath work and relaxation techniques to regain a sense of safety, stability and connection with mind, body and heart.
- Demonstrate understanding of how the techniques and activities of mindfulness and yoga-based movement impact the participants physically, emotionally, and mentally.

**Presenter Kathy Flaminio**, is the founder of 1000 Petals LLC a training and consulting company on the science and practice of mindfulness, movement and social/emotional learning. Kathy is committed to developing products and services that provide transformative experiences to help adults and children live a more integrated life.

Kathy holds a master's degree in social work and has over 20 years in the public schools. She is adjunct faculty for Saint Mary's University and is the National Director of Training Development for Yoga Calm®. Kathy has guided over 30,000 professionals in mindfulness and movement strategies for use classrooms and therapeutic settings. She has partnered with the University of Minnesota Masonic Children's hospital to provide trauma responsive yoga therapy for children and adolescents on the mental health units and is the creator of Move Mindfully® workshops, products and curriculum.

**Date:** Friday, May 10

**Time:** 9:00am-12:00pm

**Location:** Bethlehem Lutheran Church

4310 Co Rd 137

St. Cloud, MN 56301

**Registration Due May 2, 2019:** Email Makayla at [mwijeratne@milestonesmn.org](mailto:mwijeratne@milestonesmn.org) your name, email, and organization. 3 hour CEU certificates will be given.

**Due to the physical aspects of this training, by registering, the participant agrees to hold harmless and indemnify 1000 Petals against all damages caused by Customer's negligent acts.**

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