

## **Yoga Coach: Mindfulness Mentoring**

*learning how to integrate Yoga principles to manage daily life stressors  
& to reduce symptoms related to mental health & behavioral health challenges*

When people talk about yoga, they often reference the physical benefits of the practice, such as increased flexibility and decreased muscle stiffness. However, not enough is mentioned about the mental, psychological, and cognitive benefits of yoga – and there are plenty!

Yoga IMPROVES your psychological & mental well-being  
Yoga IMPROVES stress management, anxiety, & depression  
Yoga IMPROVES memory & concentration  
Yoga IMPROVES resilience & coping

**PGP's Yoga Coach integrates Yoga, Mindfulness, & Meditation into the world of mental health. Supporting people struggling with anxiety, depression, PTSD, substance abuse, domestic violence, divorce, chronic illness, the Yoga Coach gets a sense of a person's needs & develops a plan to help promote enhanced functioning. When services conclude, the benefits continue: the yoga practice can be utilized and deepened long after the sessions are over.**

*By teaching the 8 Limbs of Yoga: posture, breath, sense withdrawal, concentration, meditation, enlightenment, you will gain a better understanding of how living a Yoga lifestyle provides balance and clarity – even in the most difficult situations.*

- ~Ages 16+
- ~Individual sessions are held in-home or in-community, based on preference
- ~1 ½ hr sessions, with a commitment of 8 sessions, to reflect the 8 Limbs of Yoga
- ~Private Pay, \$95/per session

About PGP's yogi, Maria McNeary, BSW  
200 Hour Yoga Certification  
Nectar Training in Trauma Focused Yoga  
Specializing in Gentle Yoga with Meditation and Mindfulness Practice



**Call or email PGP, LLC for more info!**

**732-970-8555 x3**

**Lindsay Nelson, LCSW   lnelson@pgpnj.com**

**www.pgpnj.com**