## Prevail Behavioral Health & Wellness Center

620 Longmire Rd., Conroe, TX 77304 -

936-443-9629 - www.pbhwc.com

# COUNSELING + YOGA

Jan. 21, Feb. 4, 18, Mar. 4, 18, Apr. 1, 15, 29

Continuing every other Monday

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## WELLNESS + YOGA

Jan. 28, Feb. 11, 25, Mar. 11, 25, Apr. 8, 22

Continuing every other Monday

A Counseling Yoga Session or Yoga Class Will Be Offered

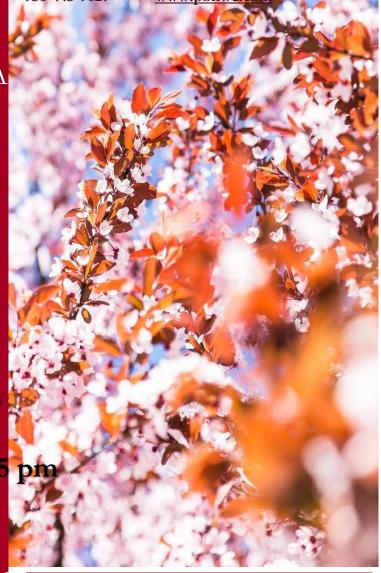
## Every Monday a 6:15 to 7:15 pm

More dates and times coming soon!

## Counseling + Yoga

These counseling sessions are specific for people suffering from Anxiety, Depression, or other mental health conditions. Gain a deeper practice of counseling specific techniques with Mindfulness, Meditation, Breathing, Positive Imagery, and Coping Skills.

Ages 16+ Must be a counseling client of Prevail Counseling \$25 Group \$95 Individual \$125 Family



#### Wellness + Yoga

These yoga classes are specific for people wanting to gain all around better health and wellness. Aids in relief from stress, sleep issues, pain, etc. Nutrition concepts and self-care are covered to guide you towards a wellness lifestyle.

#### Ages 12+

Open to anyone wanting to aid wellness and self-care \$17 Group \$95 Individual Light poses and/or chair techniques used for both sessions.

\*\*\* <u>Counseling + Yoga</u> is a counseling session, **not a yoga class**. It incorporates yoga techniques into the counseling session. It is not a yoga class and is ran by a licensed mental health professional who has training in how to use yoga techniques in counseling/therapy. Uses Cognitive Behavioral Therapy, Solution Focused Therapy, Hatha Yoga, Trauma Informed, and/or Health Psychology techniques.

\*\*\* Wellness + Yoga is a yoga class. This class is ran by a certified yoga instructor.