

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

&

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 @ 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.

*** Counseling + Yoga 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.