

# Mind, Body, & Spirit

Every Fourth Sunday of Each Month with **JAKE WHITE**

**Mind, Body, Spirit is a monthly class at Jala Yoga that will focus on reconnecting with the wisdom of the body in order to resolve and release tension that accumulates through life.**

Through the classes you will learn gentle and restorative techniques in order to release the fight or flight tension patterns that remain stuck in our nervous system. We will also learn how this unresolved tension triggers our mental activity and keeps us in cycles of negative identification, busyness, irrational fear, and stagnation. Through creating a capacity for referencing back to the body we are able to release stress and begin to stimulate the parasympathetic nervous system, which is responsible for physical, mental, and emotional healing and resolution. This class will teach you how to process life through the intelligent wisdom of the body in order to maintain wholeness, peace, and balance.

This class is for all levels of experience with meditation and yoga and will deepen the healing and restorative benefits of both of these modalities.

**Fourth Sunday of each Month  
10am - Noon**

**WINCHESTER STUDIO • ALL LEVELS**

**DROP IN \$17 / CLASS CARDS ACCEPTED.**

**Class is included in Bliss & Euphoria Memberships.**

#### **FOCUSES FOR THIS MONTHLY CLASS:**

- Learning about the nervous system and stress management
- Techniques to reconnect with our physical experience
- How mind, emotions, body, and spirit relate to the central nervous system
- Practices to manage stress through self-awareness
- Techniques and gentle movements to release and resolve tension
- Creating consistent positive associations that reduce negative thoughts and patterns
- Developing a consistent practice of meditation



REGISTER ONLINE:

[JalaYogaFlow.com](http://JalaYogaFlow.com)

401.440.0279



**JAKE WHITE** is an Integrative Energy Medicine Practitioner who graduated from White Winds Institute of Energy Medicine in 2010 and is currently studying at the Somatic Experiencing Trauma Institute to become an SE Practitioner. Jake has a private practice in Winchester Va. where he works with individuals and groups, in order to resolve the energetic dynamics that keep us from being a consistent loving support system for ourselves. Jake has a passion for creating dynamic healing environments that invite us to live from a place of vulnerability, authenticity, and an open heart.