



Join us!

at the
Center for Contemplative Studies



Building Resources to Sustain Self-Care Practices: An Interactive Experience Using Restorative Yoga and Live Music

Saturday Seminar February 15, 2020 10:00 am – 12:00 pm

When individuals learn how to care for themselves, they can be more present for the ones they need to care for and how they approach the act of caring. This workshop will consider the intersection of mindfulness and self-care. Participants will be guided in recognizing barriers to self-care, identifying appropriate self-care resources, strategies, and mindfulness practices within a healthy framework.

Participants will engage in an experiential component that will incorporate various mediums to support self-reflection, to increase personal awareness of self-care and mindfulness practices. Please dress comfortably and bring a *yoga mat or towel as we will be exploring some restorative yoga postures and meditation. (*The movement portion can be done in a chair or the floor.)

Angela Guerriero, PhD, MT-BC is a board-certified music therapist, associate professor of music education at West Chester University, and is the director of Tempo! Music Therapy Services in West Chester, PA and Nutley, NJ. Angela has her MA in music therapy, M.Ed. in special education, her MM in music education, and her PhD in creative arts in therapy. She is a registered yoga teacher, children's yoga teacher, and yoga therapist. Her primary research interests are school inclusion, collaboration, and the ethics of self-care.



Gregory S. Perkins, MT-BC currently works as a board-certified music therapist at Tempo! Music Therapy Services in Nutley, NJ and is trained in developmental models in autism intervention and the DIRFloortime model. In addition to practicing music therapy for the past ten years he is also a Music Together teacher and presents at regional and national conferences on the topics of clinical interventions for individuals with developmental disabilities and the ethics and self-care.

For more information contact CCS@wcupa.edu

Registration is Free w/ WCU ID card, 5\$ for faculty, \$20 all others.



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