



Optimize YoMIND Workshop

For Ashland School District Employees
Dates as needed



Optimize YoMIND is an experiential and informative one day workshop combining gentle yoga, mindfulness and relevant neuroscience education. Participants will walk away from the weekend with a greater understanding of themselves, their values and will learn tools for developing focus, regulating emotions and navigating relationships. Tools offered will include breathing practices, personal inquiry, mindfulness practices (both formal and formal) and ways to bring YoMIND into the workplace and classroom. Workshops will be held in H-38 for 10-20 participants. Larger groups could be accommodated with the assistance of the ASD.

Dates to be determined

Times: 9am-4pm

Regular Workshop Cost: \$150

Cost for ASD Employees : \$75 per person (minimum of 10 participants)

Cost for groups of 20 or more: \$50 per person



Libby is the founder of YoMIND, a program combining yoga, mindfulness and neuroscience education. She has been practicing meditation for over 30 years, has been teaching yoga for 23 years and has completed intensive mindfulness training through Mindful Schools. She continues to practice and study yoga, nutrition, mindfulness and neuroscience through online and independent study. She has a B.A. in Interpersonal Communication from University of Washington and did her graduate studies in Business Administration at University of Nevada-Las Vegas.