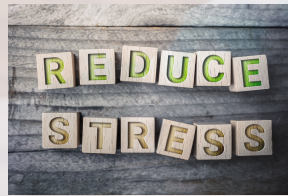




IGNITE WELLBEING  
— MIND BODY SPIRIT —

## Mind Body Medicine Skills Groups

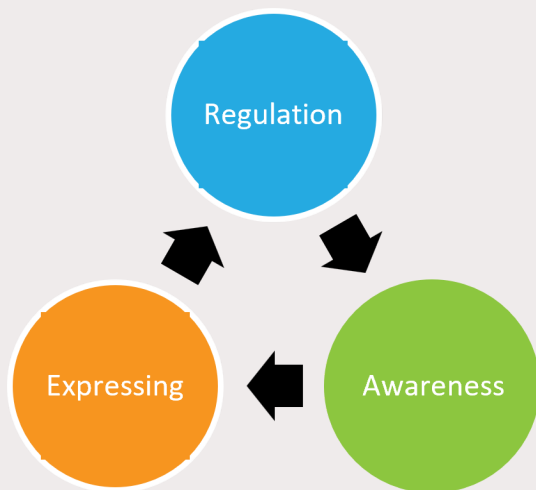
**Mind Body Skills Groups**, either online or in-person, are educational, supportive groups built upon developing self-regulation, self-awareness, and positive self-expression skills. Groups provide a sense of community in which to develop these evidence-based skills that are proven to reduce the effects of chronic stress, while also supporting healing and wellbeing. They are small, usually 6-9 people, and meet for 8 weekly sessions. Each group session typically lasts 1-2 hours.



### Skills Learned:

Meditation   Guided Imagery   Autogenics/Biofeedback   Breath Work  
Movement   Journaling   Drawing   Nutrition   Genograms

*"Between stimulus and response there is a space. In that space is the power to choose our response. In our response lies our growth and our freedom." – Viktor Frankl*



For more information, please send email to:  
[info@ignitewellbeingin.com](mailto:info@ignitewellbeingin.com)

**Ignite Wellbeing's mission** is to help individuals and organizations reduce the effects of stress and create cultures of wellbeing by sharing Mind Body Medicine-based tools.

### Mind Body Medicine:

- Explores connections between our minds, bodies, and the environments we navigate
- Supports resilience and growth through difficult experiences
- Demonstrates that mind body practices can improve both physical and mental health