

GROUNDING KIDS



GROUNDING...

is how to funnel negative habitual pattern surges down through the nervous system and into the earth and transform these surges into higher energies of creativity, courage, compassion, strength, and connection. Grounding gives us the power to self-elevate to our highest destiny.

MEDITATE, ELEVATE, CELEBRATE

We all have an emotional elevator where we can push a meditation button and go up a few floors where the air is easier to breathe, and hope and peace are abundant, no matter what we're going through. Yoga and meditation, creativity and community come together and celebrate...come celebrate with us?

Where you learn your rights....Your Right To:

Be Here....

Feel....

Act....

Love...

Speak...

See...

Know...

Learn....

Connect



KIDS / TEENS...

collaborate in our revolutionary methodology. Together we learn how to ground when unsettled. Energize when feeling sluggish. Focus when distracted. Take the high road of responding instead of reacting impulsively.

YOGA- VATOR...



directs us to our inner navigation buttons. We not only go sideways and slantways and longways and back ways and square ways and front ways just like the Wonkavator. We dare to go twist ways, and color ways and find the coordinates of our inner letters and numbers. Yoga shows us how to manage the body-mind-heart connection through refined actions, and observe reactions and tendencies. The job of the teacher is like an elevator-it lifts you up to any floor you want to go.



Led By: Stephanie Lacy, LCSW LMFT
Certified Go Grounded Kids Yoga Instructor

GROUNDNDED KIDS



2019 Session Dates & Times:

January, 24th 5:30-7pm

February, 12th 5:30—7pm

28th 5:30—7pm

March, 15th 5:50-7pm

28th 5:30-7pm

April, 4th 5:30-7pm

19th 5:30-7pm

May, 2nd 5:30-7pm

16th 5:30-7pm

30th 5:30-7pm

June, 6th 5:30-7pm

20th 5:30-7pm

July—December To Be Announced

Cost:

The cost for the group is \$25.00. However, if you are currently a client in therapy, we will bill your insurance to cover the cost of the group therapy session and you will be responsible for the co-pay.

Group will include: Meditation, Yoga, and Art Journaling.

All supplies are provided

Location:

142 Holly Forrest Ave.
Gainesville, Georgia 30501
(Off Green Street)

RSVP: 404-345-7062

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