



## *Uthrive Wellness Inc.* *Wellness Classes and Workshops!*

*At, Uthrive Wellness we address the needs of the whole person in cutting edge new ways and technologies while healing with the community.*

### *Our Offerings*

#### **Inner Child Healing Workshop**

Celebrate reclaiming a child-like joy as you heal your inner child in wholeness. Each session will focus on learning how to ask for your wants and needs that were not expressed at critical developmental stages of childhood. By reparenting your younger self, you will gain the knowledge of the keystones of how to live a happy, joyful, and fulfilled life. Modalities used depending on what is needed: yoga, reiki, meditation, movement, sound healing, breathwork, journaling, and art. Our time together will conclude with a sharing circle.

## Kundalini Yoga Experience

Kundalini classes are exciting, creative, and calming. Each unique class combines fitness, fun, and relaxation. The practice of kundalini yoga and meditation will encourage individuals to grow in confidence to the best of their ability. Participants will learn basic postures and kriyas, mantra (singing together), breathwork, chakra balancing, and mudra (hand postures) for a total sense of calm and peace.

## Meditation & Mindfulness

Join in community and learn how to live a more mindful life with ease and grace. This class will teach you the basic tenets of mindfulness and meditation: breath and body awareness, breathwork, mindful strategies, trauma sensitive inquiry, mantra (sound currents), affirmations, and mudra (hand postures). Meditation and mindfulness reduces overall stress and helps in balancing a sense of calm and peace.

## Yoga Nidra

Yoga nidra is a beginner friendly guided meditative practice that encourages participants to lie down, let go, and rest. In just forty five minutes, a yoga nidra practice results in a deep state of restoration, relaxation, and expansion of the individual's self awareness. Sessions will end with a journaling practice.

## Clay Discovery Workshop

The healing properties of working with clay help participants become more aware of their feelings while having a fun grounding sensory experience. Classes will begin with a mindful theme, accompanied by a guided clay session where participants are encouraged to create whatever speaks to them. A sharing circle will conclude the session.

## Reiki Community Circles

Our time together will include: guided meditation, community sharing, and Reiki. Reiki is a non-invasive healing technique that calms the nervous system and helps to restore balance to the mind, body, and spirit. The healing energy of Reiki brings deep relaxation and revitalization.

## Painting Studio Workshop

Listen to calm and relaxing music while creating from your heart in this process based, flow oriented, painting class. Participants will discover their inner artist and inner voice through many modalities of painting including: water color, acrylic, and mural work.

## Jewelry Design

Jewelry making is a social group activity. It promotes creativity, connection, and community. Participants will use items found in nature: clay, feathers, crystals, shells, and flowers to create crowns, pendants, earrings, bracelets, and necklaces.

## 5D Photography

This class will help take your technical skills to the next level by capturing images that invoke the spiritual qualities of nature. Participants will learn to use their senses, intellect and emotions to see beyond the ordinary way of seeing things and discovering the remarkable world around themselves.

## Yin Yoga

Inspired by gentleness, precision, and “letting go,” a Yin practice is designed to target the connective tissues—ligaments, tendons and fascia—to improve flexibility and increase circulation in the joints. Yin poses may be held for 3-5 minutes each, allowing the body time to relax and sink deeper and deeper into each pose.

Each class will include an affirmation practice and guided meditation for ultimate restoration.

## Tapping into the Heart/EFT

Tapping is a mind-body therapy that draws on the traditional medicine of acupuncture. It is used to restore balance and relieve symptoms of a negative experience or emotion. Tapping is accompanied with trauma sensitive mindfulness to create a safe and loving experience to relax and unwind.

## Sound Healing

Sound Healing is a powerful modality that combines different healing sounds and tones to improve our multidimensional well-being by creating an experience where layers of our energy field are awakened. Sound Healing is highly effective at activating our relaxation response that counters the many symptoms caused by chronic stress while helping to balance our whole being.

Sound Healing instruments such as crystal sound bowls, drums, rattles, and chimes will be incorporated into each session along with meditation and sound toning.

## Journaling and Mindfulness

Journaling is a beautiful tool that we can use to help process and express our feelings, no matter how big or small. This class will introduce mindful practices that will help us expand our goals, visions, and creativity. Mindful meditation will be accompanied by journaling prompts that will help one connect to his or her present moment awareness and dream for one's future.

## Plant Based Cooking Class

This class promotes conversation, connection, creativity, and a new found curiosity when it comes to cooking and the mind and body connection. Participants will learn about the importance of incorporating plant based recipes into their diet that will leave them feeling healthier and more energetically aligned.

## Soul Card and Collage

Learn to create unique soul cards with deep personal meaning. You may consult your cards, discover your inner wisdom, and find answers to life's questions. Anyone can enjoy this fun, powerful, and nourishing activity.

## Healing Hikes

Healing hikes are an opportunity to pause, slow down the mind and spirit, and create an intentional open space for rest and reflection. Connecting with the outdoors assists in deep healing and allows for a grounded experience of remembering the ancient process of connecting to nature as a tool for support. Most of the hike will be done in silence with opportunities for a journaling and meditation practice at the end.

## The Sustainable Gardener

This is a fun and interactive class for beginner gardeners who are ready to grow and cultivate a sustainable garden. Classes will cover considerations in picking the right site for plants to grow optimally, learning key permaculture principles that help create a strong foundation, choosing a soil structure, using a compost, finding practical ways to irrigate, and having tools to make gardening more enjoyable and successful. Participants will leave this course feeling confident planting, harvesting and maintaining an abundance of fruits and vegetables in their home garden.

## Ukulele

The ukulele is a fairly easy instrument to learn. Participants will be encouraged to play around and discover new things in a fun and easy way. In addition participants will get familiar with the names of the strings, tuning, the basic ukulele chords, and strumming.

## Essential Oils and Plant Based Medicine

Essential oils have been known as ancient healers in many cultures around the world. We will learn about their importance and unique and powerful purposes they each hold. This class will also explore ancient plant based medicines that were used in their healing ceremonies.

# Voice Healing

Learn how to unleash the healing powers of your voice and step confidently into your dreams. This class includes simple and highly effective self healing tools, including: toning, seed sounds, mantra (chanting), singing, and playing with different sounds. This class promotes opening oneself to self expression and confidence.

***Uthrive Wellness Inc. is a 501(c)(3) nonprofit***

***Call or email us for more information at 310-975-5105***

***uthrivewellnessinc@gmail.com***

*We are open to creating special programs that fit the needs of your organization or group. Please inquire with us to learn more.*

