

## **Workshop Descriptions:**

### ***Guided Meditation***

In this 45 minute session, participants will be introduced to mindfulness meditation in a unique way. The workshop begins with an introduction of mindfulness and explanation of the significance of mindful breathing. Participants are taught simple stretches to warm the body and quiet the mind before they are led through a body scan relaxation. From there, participants will be guided through a simple four step meditation with a specific focus. At the end of the workshop, you will learn simple practical ways to integrate these new tools and techniques into your everyday lives.

### ***Zumba***

Zumba is a dance fitness class that combines Latin and international music with dance moves. The routines incorporate interval training, alternating fast and slow rhythms, to burn calories and help improve fitness. Effective and fun!  
*All you'll need are sneakers.*

### ***Beach Oasis Art Activity***

We will be creating a majestic ocean scene that will take you on a mental vacation whenever you need one. Whether you're a master artist or brand new to the craft, I will walk you through this painting step-by-step and make sure you are having fun while you're at it! Remember, it is about the process, not the product!

*Materials/colors that will be used: White, green, blue, yellow, brown paint (can substitute colored pencils, markers, or crayons- whatever you have available)*

### ***Sound Bath***

A Sound Bath will be provided through the use Tibetan singing bowls, metal tuning forks, and crystal singing bowls that emit different frequencies and are used to encourage meditation and relaxation. This experience is referred to as a "bath" because the participant(s) are immersed and somewhat (bathed) in beautiful sounds and vibrations that are known to relax the body and mind.

## **About The Presenters:**

### ***Family & Community Wellness - Led by, Thea Cook, LMHC***

Thea Cook is a Licensed Mental Health Counselor who has worked in the mental health and substance abuse fields for over 30 years. She has worked as a counselor and senior clinical supervisor for ADAPP - the school-based prevention program for the Archdiocese of NY. Her work includes counseling, stress management, wellness, self care, energy healing, mindfulness and meditation. She is a skillful educator and inspiring workshop leader who brings warmth, compassion and wisdom to each program.

### ***Guided Meditation - Facilitator, Jennifer Monness***

The Meditation Lab was founded in 2016 by long-time yoga teacher and meditation facilitator Jennifer Monness. The mission of The Meditation Lab is to share mindfulness practices to help children and adults better manage stress, increase focus, and regulate emotions. Throughout the past five years, Jennifer has led both in person and virtual workshops to over 15,000 students and teachers throughout Westchester County in New York City.

### ***Zumba - Instructor, Brianna Santana***

Brianna Santana is a licensed Zumba instructor who teaches classes in the Bronx, including at Performer's Edge Dance Academy in Throgs Neck.

### ***Beach Oasis Art Activity - Instructor, Alexa N. Accardi***

Alexa N. Accardi, LMHC, received a bachelor's degree in Psychology with minors in Art Therapy and Spanish, and a master's degree in Clinical Mental Health Counseling. I have a second job/ passion as a painting instructor and teach weekly art classes at Pinot's Palette in Fishkill, NY. I very much love what I do and I believe that art has healing powers!!

### ***Sound Bath - Facilitator, Marinés Rodriguez***

Marinés Rodriguez is a native New Yorker, born and raised in the Bronx. She is certified in Tibetan Sound Healing and Reiki Healing. Her background is in drug abuse prevention and she has a BA in Psychology. She uses her tools to assist individuals and communities.