

ABOUT YOUR INSTRUCTOR

Angela has been working in education & behavioral health for over two decades and is *Yoga Alliance Registered as a Trauma-Sensitive Yoga Teacher* for *Parent-Child Interaction Therapist* and holds a dual clinical license in *addictions and mental health* treatment with advanced training from The Trauma Center of the Justice Resonance Institute. Since 2003, she has integrated Yoga into public and private schools and served as a volunteer member of the US Department of Safety & Land Security Disaster Response Behavioral Health Team.

Her understanding of *anatomy and the systems of the body* is based on her training in fine arts and as an Outward Bound instructor where she was among the first group in the nation to complete wilderness emergency medical training designed for adventure-based therapy education. She & her husband (climbontinc.com) combine their talents in *Adventure-based interventional* Her personal journey as a parent and a child-survivor of family violence & substance abuse combined with her *expressive arts therapy* background inform Angela's insight for how to access the mind-body connection as a resource of *safety and healing*. She has written an extensive literature review; *Trauma-Sensitive Yoga Practice* (available on below website).

A specialized **Gentle YOGA** series is offered through the *Norris Cotton Cancer Center* support network at the *Dartmouth Hitchcock Medical Center* in Lebanon, New Hampshire and St. Johnsbury, Vermont.

Private Consultation Available

www.AngelaThomasJones.com
Click on the "Yoga" link
603-616-2019

Gentle YOGA

Gentle YOGA is a specialized blend of **Hatha Yoga** and **Kripalu Yoga** integrated with cutting edge **neurobiology research** on the **mind-body connection** finally! Modern scientific research validates the ancient system of **holistic health care**

Breathing techniques and methods **integrating breath with movement** grounded in traditional **Hatha Yoga practice** Focus on **nurturing a compassionate attitude** and **mind-body awareness** rooted in **Kripalu Yoga**. All this combined with **safety and humor** build opportunities to **strengthen your natural capacity for healing & wellness** and apply these practices **strategies in your daily life**.

Sitting on the floor is NOT required. Chairs are available. Props & mats provided or bring your own stuff!



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