



YOGA FOR MENTAL HEALTH

A Free and Ongoing Group for Quest Clients

Facilitator:
ESO Yoga Instructor

Fee:

This is a free and ongoing group for Quest clients.

To Register:

Please speak with your provider.



You must be engaged in Mental Health Services to enroll in MH groups. To become a client of MH Services, please call our intake team at 503-238-5203

Tuesdays 10:30 AM - 11:30 AM

Fridays 2:00 PM - 3:00 PM

Location: Quest East Kitchen

In this ongoing group we will explore yoga and mindfulness practices as self-care techniques to maintain wellbeing. Research has shown that yoga is effective in treating a number of mental health disorders including anxiety, depression, and trauma-related symptoms. This group will blend light movement practices, relaxation techniques, breathing practices and mindfulness to help us come home to our bodies and find ease. We will start where we are - no previous yoga or meditation experience required. Open to all bodies - the physical practices can be adapted to meet the needs of any physical limitation.

- Increase wellbeing by instructing students on the connection between their breath, mind, and body.
- Group will work to develop skills to increase awareness of how the autonomic nervous system functions and ways to balance the parasymphetic nervous system and the sympathetic nervous system.
- Skills will include mindfulness training, self-compassionate perspective taking, breath work, all levels postures, and interceptive/proprioceptive awareness development.

All skill levels welcome. No yoga experience is required.

BE WELL - BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH

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