

In The Moment: A Better Life Through Mindful Practice

Coming Fall 2019

Teachers: Kym Riley & Dr. Julie Gowthorpe, RSW

This workshop begins with Quinte Broadcasting Director and Belleville City Councillor Sean Kelly, welcoming the participants to the event. A mindful yoga practice will ensue, followed by a group talk session, addressing how to live a better life by incorporating physical and mental health practices into your lifestyle. We will take a short refreshment break and close the class with a Meditative yoga session.



Dr. Julie Gowthorpe, RSW is an internationally acclaimed emotional health expert. She offers strategic approaches to help people find ways to express, heal and be in the moment for optimal living. Dr. Gowthorpe builds emotional and family resilience as a sought-after clinician and speaker. As an author and expert radio personality, on Mix97 Dr. Gowthorpe provides engaging, practical advice as well as speaks about topics involving positive parenting, healthy relationships and mental well-being.

Kym Riley, BSSc. RYT is the owner of Mindful Movements Studio in Belleville, ON. After acquiring a BSSc. Degree from the University of Ottawa, with a concentration in recreation and leisure studies, Kym began her career in the health and fitness industry. Since 2004, Kym has been the owner and manager of Mindful Movements Studio. Kym holds certifications in pilates, personal training, post rehab conditioning, and has her level 2 coaching certificate. She is a registered yoga teacher and a certified Thai yoga massage therapist. Mindfulness is a strong theme in any one of her classes and she always challenges her clients to reach their full potential. Her greatest reward is to see her clients succeed!



Passholders; \$50.00 + hst
Non Passholders: \$85 + hst

Register Now • Email: Kym@mindfulmovements.ca

Includes complementary refreshment break