



Getting in the Zone

An 8-week MBSR Course for Teens

Teenagers often experience so many pressures, - from friends, parents, teachers and society. Getting in The Zone creates a space to gain some perspective on these pressures and tangible tools that can be used in school and in life.

Gaining these skills not only increases focus and attention in the classroom but encourages more awareness of one's actions and their impact on others

What's Included

- 8-week program for 1.5 hours per week
- Half-Day retreat
- One private session, as requested, with instructor to create a stress-buster toolkit, specific to the student's need.
- Meditation CD, Student Workbook, copy of book "Just Say Om" and Practice Mat included
- Healthy snacks will be available.
- Guided Meditation CD
- Workbook

For more information:

Website: www.innerresourcesproject.com

Phone: 443.292.2375

Sundays
2:00pm - 3:30pm
Spring Session
March 12th -May 7th

Orientation Session for
Parents
March 5th at 2pm

Classes held at:

Ruscombe Mansion
4803 Yellowwood Avenue
Baltimore, MD 21209

Class Costs: \$400

Contact:

info@innerresourcesproject.com

Information sessions available via
webinar .

About the Instructor:

With over 15 years teaching mindfulness, Tawanna has served as the director of several mindfulness-based and integrative medical organizations.



She also facilitates groups and mentors in clinical mindfulness trials at Johns Hopkins. She seeks to help individuals and communities, identify and cultivate their internal support systems and and resilience.