

Self-guided
therapeutic
Art Journaling
6:00 pm to
8:00 pm

Doors open
at 6:00 pm
Session
starts at
6:30pm

MINDFUL MONDAYS...

at the Springville Museum of Art

Using Grounding to Connect with the Present Moment led by Jeremy Bekker

FEB
26

Jeremy Bekker is a PhD candidate and clinician-in-training at Brigham Young University. Jeremy's research focuses on sustainable well-being, mindfulness, and student mental health. He has worked in a variety of clinical placements including college counseling centers, community medical centers, and private practice with a focus on mindfulness-based interventions. Overall, Jeremy's goal is to create long-term psychological flourishing for individuals and communities.



Yoga Nidra Meditation led by Kenny Van Audal

MAR
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Kenny is a 500 hr certified yoga instructor and a practitioner of yoga nidra as well as meditation. Come join us for a fun, mindful and relaxing evening for all ages!



Meditation Sound Bath Series led by Karen Tao

MAR
11

Karen Tao, RYT500, certified meditation teacher, certified sound healer specialized in vibrational therapy. Her passion is to support others down the long path of healing and self-discovery. She has provided wellness services to corporate clients as well as private individuals, in addition to her weekly donation-based soundbaths at her Millcreek location, keeping sound healing accessible to all. Her goal is to bring sound healing to as many as possible.



Gus Salazar

MAR
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Gus is currently a Ph.D. Candidate in the clinical psychology program at BYU.



Mindful Yoga led by Stefani Walker

MAR
25

I found yoga through physical therapy ten years ago. It continually heals and transforms my body — as well as my mind and spirit — daily. My practices most often focus on BE-ing in the moment — noticing what is happening with the body, brain, and breath. I choose movements, mantras, and mudras that increase mobility with balance, strength with softness, clarity with calmness, and wellness with wisdom.

