



5 for 5 to Help You Survive!

Cassandra Powell, M.A., M.A., M.O.T.
Larry Turner, Psy.D; RN, CADC, C-IAYT
www.LightofLovingKindness.org



Introductions

Cassandra Powell, M.A., M.A., M.O.T.

Cassandra is a Linguist and Professor of Communications & English. In addition to being a student of life, she has earned five (5) academic degrees and two Master's level certifications. Cassandra is a Yoga teacher specializing in Trauma-sensitive Yoga, Yoga for Stress and Anxiety, and a Yoga for Social Justice Leadership Facilitator. She, likewise, teaches Mindfulness and Meditation. Cassandra maintains a focus on making yoga accessible for *Every Body*. She reminds us that yoga not only focuses on how we move our bodies, but also on elements of integrating mindfulness as a means to renew, refresh, and restore one's mind, body, soul, and spirit. Knowing that everyone experiences themselves as being different from others, Cassandra teaches that there is a practice that is just right for you.



Introductions

**Larry Turner, PsyD; RN,CADC,
C-IAYT**

Dr. Larry Turner is a Licensed Clinical Psychologist, Registered Nurse (ER/ Psych), Substance Abuse Therapist, and Certified Yoga Therapist. He has worked with survivors of a variety of traumatic experiences in Chicago and the worldwide community. While working in Chicago, he has developed programs for traumatized children and adolescents in hospitals, schools and churches. On the global scale, Dr. Turner provided medical and psychological services to victims of Hurricane Katrina and Hurricane Rita in 2005. He was in Haiti after the Haitian earthquake in 2010, and most recently, in Sierra Leone as part of the worldwide Ebola response.



Our Mission

Light of Loving Kindness is a 501(c)3, non-profit organization, whose purpose is to provide access to Hope, Health, Healing, & Wholeness through Holistic Integrative Solutions and Mindfulness-based Interventions. We accomplish this by providing workshops, education & training, and resiliency services.

Who We Are

We are a group of trained, certified, and experienced practitioners, many with advanced degrees, from diverse walks of life, specializing in a wide variety of integrative, complementary, and alternative Holistic Integrative Solutions and Mindfulness-based Interventions for your health and wellness needs.

Who We Serve

LOLK is passionate about working with people from all walks of life, without discrimination, as many of us walk the same paths. At Light of Loving Kindness, we do not discriminate based on the many ways that we perceive ourselves to be different, including, but not limited to, in alphabetical order: ability, age, class or social status, color, ethnicity, gender (including gender expression, gender identity, and/or gender reassignment), marital status, national origin, race, religion, or sexual orientation.



Objectives of this Workshop

Participants will...

- Learn about Holistic Integrative Solutions that can be used to lessen the effects of stress, anxiety, depression, trauma, PTSD, & other physical and mental concerns.
- Participate in several mindfulness practices.
- Identify solutions that resonate with one's own individual lifestyle.



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Mindfulness Moment

Calm the mind and body with
this short mindfulness exercise

~Guided meditation





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Breathwork

Learn to regulate your breath
to help regulate your day
~relaxation breath
~sat ta na ma – I am calm



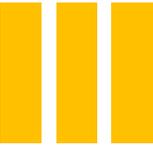


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Restorative Body Scan

Focus attention on the body, accompanied by breathwork, in order to connect the mind, the body, and the breath, and to release and relax the entire body

~Body scan





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Upper Body Tension Release

Where do we hold the most
tension in the body?
Targets the head, neck,
shoulders, and upper torso
~Upper body release





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Full Body Regenerative Movement

Coming out of your seats, this practice will cause your senses to vibrate and will help to rejuvenate the internal flow of the natural body

~Stretching

~Full body vibration

~Final Relaxation & Breath.....





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Want to stay in touch?
Have feedback?

Take a quick survey on our
website & tell us how we did:

[LOLK Feedback Form](#)



**Want LOLK to help create a
personalized Health & Wellness
program for Your Place of
Business?**

Give us a call at 708-663-5572

Or email us at Info@LightofLovingKindness.org



Email questions to us at Info@LightofLovingKindness.org



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Thank You

