

# womens health series

## MINDFULNESS, YOGA & MATRESCENCE:

### The Journey from Pregnancy to Motherhood



Combining the knowledge and practices of Yoga and Psychology.

Join Katie and Amiee as they merge the ancient practice of yoga and the modern science of psychology into one fantastic workshop devoted entirely to mothers-to-be.

The session will start with Katie and Amiee sharing their wisdom on yoga philosophy, mindfulness, and psychology. You'll learn about the ancient wisdom of yoga and modern psychological concepts that can assist you on your journey through motherhood.

Mindfulness practices will be incorporated into the discussion so that you have a lived experience of tools that you can take away with you. After the discussion, we'll break for an afternoon tea.

Later in the afternoon, Katie will skillfully guide you through a prenatal yoga practice designed to open your body, soothe your mind and help you deeply relax. This will provide an opportunity to practice mindfulness in a holistic way; using the breath and body as your anchor as you quieten the fluctuations of the mind.

#### **Katie Garnett - KatieYoga**

##### **Yoga Therapist, Teacher and Teacher Trainer**

*MProfComms, GradDipEd(Sec), BA(Multimedia Design), DipIVTrngAssmnt, CertIVTrngAssmnt*

Katie Garnett is Yoga Teacher, Yoga Therapist, Yoga Teacher Trainer and Vice President of Yoga Australia. Katie is passionate about mental, physical, social and emotional wellbeing. She strives to empower individuals with knowledge and strategies to take charge of their health and wellbeing. Katie teaches alignment-focused yoga through which she interweaves yogic philosophy and teachings. She structures her classes around specific learning objectives to enhance her client's experience, and deepen their yoga practice and knowledge. Katie's interests include ensuring yoga accessible to all ages and abilities, using the practice to build strength and stability, offering a sustainable yoga practice and fostering community around the practice of yoga.

#### **Amiee-Jade Pember - Mindful Living Psychology**

##### **Community Psychologist & Yoga Teacher**

*MPsych (Community), BA(Psych) Hons, BA (Psych)*

Amiee-Jade Pember is a Community Psychologist and Yoga Teacher, and is the face of Mindful Living Psychology. Amiee's therapeutic approach is mindfulness-based; helping clients to develop the capacity to live in the present moment with self-compassion, rather than being hooked by difficult thoughts and feelings. Amiee assists clients to connect with their values and sense of purpose, in order to live a meaningful life. Amiee's interests include perinatal mental health, anxiety, grief and loss, and adjustment to life transitions. She works with individuals and couples, from teens through to older adults.



**katieyoga**  
.com.au



**MINDFUL LIVING**  
PSYCHOLOGY

Saturday 31 Aug 1:30 - 4:15 pm @ KatieYoga, Busselton. Cost is \$50. Bookings are essential.

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