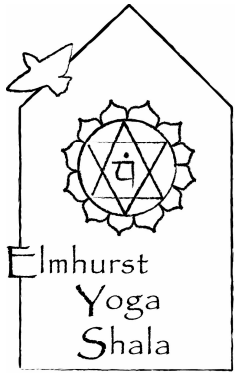


Are you looking for less guilt and more joy in parenting?

# Yoga and Self Awareness for Parents



Elmhurst  
Yoga  
Shala

506 Spring Road  
Elmhurst, IL 60126  
630.993.YOGA

[www.elmhurstyogashala.com](http://www.elmhurstyogashala.com)

Participate in a yoga practice and discussion that focuses specifically on parents. This workshop is designed for every parent:

- Expecting parents
- Parents of a baby or toddler
- Parents of a preadolescent or teenager
- Parents with grown children

Parental self awareness is essential at every stage of development and the ideas presented will guide you through every stage of your parenting journey.

**The workshop is 2 hours with 2 parts:**

1. **One hour yoga class** – the class is designed for beginners (with options for advanced students). *It includes visualization and meditation designed especially for parents.*
2. **One hour parenting discussion** – discussion will focus on developing a positive relationship with your children, finding new parenting tools, and **realizing what kind of parent you really want to be.**

## Topics for discussion:

- Taking care of **you** so you can be an effective parent
- Recognizing what you bring to the parent/child relationship
- Letting go of parenting guilt
- Recognizing the beauty in each of your children and focusing on their strengths
- Developing a healthy and trusting relationship with your children
- Finding the joy in parenting



**About the teacher:** Cathy Cassani Adams is a Licensed Clinical Social Worker, a PCI Certified Parent Coach, a Certified Elementary School Teacher and a Yoga Instructor. She is the author of ***The Self-Aware Parent: 19 Lessons for Growing with Your Children*** ([www.cathycassaniadams.com](http://www.cathycassaniadams.com)) and she writes a blog column for **Chicago Parent** called ***The Self-Aware Parent*** ([www.chicagoparent/community](http://www.chicagoparent/community)). Cathy worked for many years as a Child and Family Therapist and Clinical Educator at Children's Memorial Hospital, Chicago. She opened her own parent coaching practice after the birth of her first daughter and now focuses on workshops, presentations, classes, and writing. Cathy has been doing yoga for 10 years and recently completed her teacher training with Sarah and Stephanie Starnes. Cathy believes that yoga is helpful to all individuals, but it's especially helpful to busy parents. Yoga practice can lead to a healthier YOU mentally, physically and spiritually. Through it you can find the energy you need to manage family life.

***The hour long practice will help you slow down, open up, and find energy and awareness for the parenting discussion that begins immediately after.***

***Bring your questions and get ready to enhance your personal and parenting awareness!***

**When: Sunday, April 25th  
6:00 – 8:00 pm**

**Where: Elmhurst Yoga Shala**

**Cost: \$30 per person/\$40 per couple - register on line  
\$35 per person/\$45 per couple - at the door**