

Do you worry and don't know how to stop your racing thoughts?

Are you going through a transition and having a challenging time? (*going to college, starting high school, change of friends or beginning an internship or job.*)

Do you see others happy or having a "good time" and wonder why you don't feel the same way?

Do you feel overwhelmed or anxious about things happening in school or with family or friends and don't know exactly what to do?

Are you in a close relationship with someone who is having a difficult time and not sure how to handle it?

Are you in the midst of having to make a big decision and feel overwhelmed?

Do you take medication and have a hard time with the side effects?

Are you experiencing pain in your body that makes it hard to do things that you once enjoyed?

Mentorship & Life Coaching

for High School and College Students
with Carly Carney

During these sessions we spend time working with what's challenging in your life. You can bring your coffee, wear comfortable clothing, take your shoes off or bring anything that makes you feel at ease.

During our time, there are many ways we can work together and every session could be a bit different. These are some of the things we can do with our time.

- Practice yoga poses
- Learn relaxation techniques
- Brainstorm
- Problem solve
- Organize your thoughts
- Develop strategies for things happening in your life
- Learn ways to quiet the mind
- Understand the nature of anxiety



These sessions are 50 minutes.

COST

\$225 for 3 sessions

\$420 for 6 sessions

You can register for these sessions online at

<https://www.beverlyyogacenter.com/mindbody-wellness/>



May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.

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www.beverlyyogacenter.com