

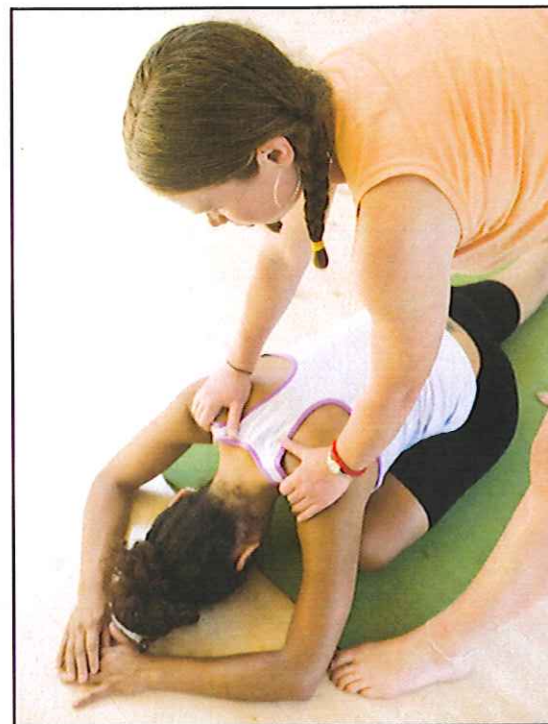
# Finding Peace Within: A Workshop for Teens with Caverly Morgan & Allyson Copacino

Saturday, March 1, 1-5 pm  
*at unfold studios*

In this busy world, it can be easy to get swept up in the momentum that surrounds us. We can forget to turn to the stillness within for refuge. In this workshop, 'Peace in Schools' will offer practical tools that allow us to place our attention where we'd like it to be, rather than where it is conditioned to go. Through Yoga and mindfulness practice, we will turn our attention to peace. Come prepared to stretch, strengthen and open your body with yoga postures and breath exercises, meditate, journal, and share with others in a conscious and compassionate way.

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'Peace in Schools' empowers students to reach their full potential through discovering a healthy mind and body - experiencing connection with themselves, each other and their environment through mindful practice.



Benefits of yoga and Awareness Practice include: body awareness; strength and flexibility; concentration, focus and attention; tools to identify negative thought patterns and understand how to deal with stress; finding healthy motivation; confidence and healthy self-expression; conscious, compassionate, communication skills; environmental awareness and community mindfulness.

No experience required. All are welcome. Sliding scale \$45-\$65. No one will be turned away due to lack of funds. For more information about One House of Peace & their 'Peace in Schools' program, please see [www.onehouseofpeace.org](http://www.onehouseofpeace.org).

Register at our website:  
[www.unfoldportland.com](http://www.unfoldportland.com)  
questions? call (916) 607-1045  
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