



WORKSHOP THEMES

- ❖ **Compassionate Leadership**
- ❖ **Finding Flow**
- ❖ **Caring for Caregivers**
- ❖ **Navigating Transition**
- ❖ **Mindfulness in Nature**
- ❖ **The Power of the Pause**
- ❖ **Ritual and Celebration**
- ❖ **Team-Building**
- ❖ **Caring Communication**



NATURE THERAPY



Neuroscience proves that
mindfully walking through green
spaces or “forest bathing”
improves our:

- ❖ **Cognitive function and memory**
- ❖ **Cardiovascular health**
- ❖ **Mood**
- ❖ **Stress response**

SPORE STUDIOS

Spore-studios.com

(269) 362-5773

Deirdre Guthrie

SPORE STUDIOS



WELLBEING PROGRAMS





Deirdre Guthrie, Ph.D., is a yogi-seminarian and a professor of wellbeing science and human flourishing

ONGOING PROGRAMS

YOGA

Our 40-90 minute classes blend qigong and slow-flow to connect dynamic breathing with strengthening in "holding" postures. Closing sequences promote deep relaxation. As body-awareness of subtle anatomy and "bandhas" increases, the practice becomes lighter and brighter. See <https://spore-studios.com/yoga/>

CONTEMPLATIVE RETREATS

These programs reflect the theme of "Reclaiming Our Nature," and use the seasons - Winter, Spring, Summer and Fall - to celebrate and mark transition periods in our lives. Retreats can be enhanced with bodywork or spa services through our Spore practitioner network.

WELLBEING PROGRAMS

Inner development programs can be customized to fit your unique context and needs. Deirdre can come to your home, workplace, conference or retreat, or organize a gathering at the Fernwood Botanical Gardens where she serves as Director of Wellbeing Programs. Contact Deirdre for a free consultation.



COMPASSIONATE WISDOM COURSE

A program that will enable you to align your strengths with your values, encounter your shadow with compassion and invite transformative mindful rituals into your everyday life.

See <https://spore-studios.com/compassionate-wisdom-course/>



Navigating loss



Integrating Mind, Body and Heart

MINDFULNESS IN NATURE FOR KIDS

Designed to help children relax and restore in Nature (now all year round) while increasing their ecological awareness.

See <https://spore-studios.com/mindfulness-in-nature-summer-camp/>



Story-yoga and Meditation



Embodied practices for social-emotional learning

CUSTOM WORKSHOPS

Built around the latest evidence-based science to increase emotional intelligence and resilience through tools such as storytelling and mindfulness to improve attention and focus.

See *Workshop Themes*.



Telling our Story



Emotional Intelligence