



Winter 2020 Newsletter



Sig: Wellness Studio turned 1 year old on Jan 2! In 2019, the Studio offered a series of workshops for local physicians and mental health providers, individualized yoga and yoga therapy sessions, and welcomed a physical therapist with a focus on pelvic floor. Find out more about services at the Studio [here](#).

Our largest event took place on Saturday, Nov 9, 2019. **Wellness for Change Agents** was designed for activists, educators, social service providers, and anyone working for positive transformation in themselves and in the world.

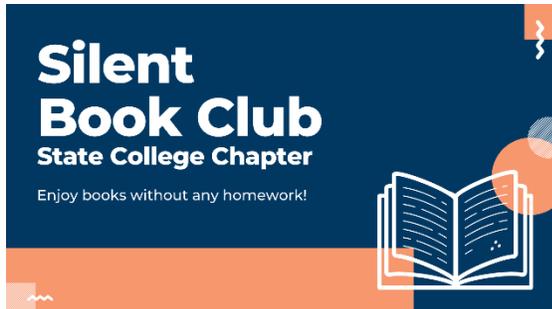
Thanks to Justine (Path to Calm) for leading discussion around self-care and helping us breathe through a series of unexpected fire alarms. Lori (Exhale Yoga Therapy) did much to coordinate the day and helped us close with yoga nidra. I appreciated their support as I led my first group visualizations. A vegan luncheon was catered by Webster's and we even had some impromptu music by Kevin Briggs. The sanctuary at the Unitarian Universalist Fellowship was lovely. and can be seen [here](#).

We were proud to lead a diverse group of attendees from age to profession!

January Events

The Studio is hosting Dr. Yamasaki's sleep workshops. Learn more [here](#).

February Events



The first meeting of the State College Chapter of Silent Book Club will meet on the third Thursday of the month.

Thursday, February 20th from 6:30-8 pm.

[RSVP on Facebook](#)

What is Silent Book Club? Remember library class in school? This is a chance to unplug and read quietly among fellow book lovers for one hour--your book, your pace. Doors open at 6:30 for snacks and to get

comfortable. Read silently from 7-8 pm in a calm space.

Silent Book Club is an international movement founded as an alternative to Happy Hour for introverts. [Learn more.](#)

March Events

Silence Workshop (date pending) will include discussion around unplugging to recharge and the therapeutic value of silence. Science meets meditation and breathing.

Final Thoughts

In case you missed it, my blog post was featured in the *Elephant Journal Magazine* earlier this month. [Read more.](#)

Remember, mindfulness matters! Candace Good, MD

