

Groton Dunstable SEPAC Presents:

## Healing Our Children: A Mind-Body Workshop for Parents

Elizabeth Goranson, M.S. Ed., ERYT, RCYT

January 16, 2019 from 6 - 9 pm

Blackbox Theater in the GDRSD High School



In this workshop, parents understand how body-mind health affects a child's development and behavior. Participants will learn simple steps towards achieving balance. Please bring a towel or yoga mat and wear comfortable clothing.

In this resourceful workshop you will:

- Tap into your own parental intuition
- Discover how a healthy body through clean nutrition is the basis for healing
- Grasp the therapeutic foundations of yoga
- Identify brain functions that have an impact on responses to daily life
- Understand how to turn off the stress response for yourself and your child
- Learn yoga poses designed to ground and strengthen the body and mind

Elizabeth Goranson, M.S. Ed., ERYT, RCYT, is president and founder of Stretch What Matters, a yoga-based therapeutic program for children and teens with special needs. In understanding the effectiveness of visual learning, she created the patented [Stretch What Matters Yoga System](#), which includes a specially designed yoga mat and instructional guides. She holds a master's degree in Special Education from Simmons College in Boston, MA, and is a fourth grade special education teacher. Elizabeth is the proud parent of two beautiful children. These amazing beings are Elizabeth's greatest teachers.

Please RSVP to [gdsepac2@gmail.com](mailto:gdsepac2@gmail.com) so we can plan accordingly. We look forward to having you join us!