

Therapeutic Movement and Rhythms

A Restorative and Meditative Healing Art

This program explores the principles and practice of rehabilitative, restorative movement and stress reduction to promote health and well-being. You will learn and experience the fundamentals of therapeutic and meditative arts, which integrate the essentials of Yoga, Tai Chi, imagery, and mindfulness-based stress reduction. The program is a fun and interactive seminar created to embody wellness, promote a healthy lifestyle, and teach relaxation.

Upon the completion of the program, participants will be able to:

- Discuss the concept of restorative and meditative movement as complementary to rehabilitation
- Describe the essentials of rehabilitative, meditative movement to enhance and maintain mind-body wellness
- Demonstrate and practice at least three restorative movements as a mindfulness-based exercise



What is mindfulness-based stress reduction?

Mindfulness-Based Stress Reduction (MBSR) was pioneered by Jon Kabat-Zinn, Ph.D. in 1979, at the University of Massachusetts Medical Center. MBSR was designed to help patients cope with such diverse symptoms as stress, anxiety, chronic pain and illness, sleep disturbances, fatigue, high blood pressure and headaches. Currently there are over two hundred medical centers in the United States that have Mindfulness-Based Stress Reduction programs.



Instructor

Mila M. Josue, BSN, CRRN

Mila Josue is a California Board Certified Rehabilitation RN and healthcare educator. In her over 30 years as an RN, her passion for and practice in healthcare has embodied a complementary and holistic approach that combines eastern and western philosophy. Currently, she is a Board certified educator at the American College of Nursing in Concord. She also serves as the Director of Staff Development and has been a Health and Wellness instructor for several years in San Mateo and Alameda counties. She enjoys yoga and Tai Chi as part of her regular meditative practices.

Location

American College of Nursing
2600 Stanwell Drive, Suite 103
Concord, CA 94520

**California Board of Registered
Nursing Provider #12726**