



# FINDING YOUR CENTER

AN 8 WEEK JOURNEY TO FEELING  
BALANCED THROUGH CHANGES AND CHALLENGES

MEDITATION + YOGA + REFLECTION

with Krystle Fitzpatrick & Holly Kepins

Tuesdays 6:00PM-7:30PM

August 4, 11, 18, 25 & September 1, 8, 15, 22

via private Zoom link

Please plan to attend all 8 sessions.

## FINDING YOUR CENTER



**FINDING YOUR CENTER** CAN BE DESCRIBED AS THE PROCESS OF FINDING AWARENESS OF INTERNAL AND EXTERNAL FACTORS THAT MAY DISTRACT FROM A PERSON'S PURPOSE AND DRIVE. **FINDING YOUR CENTER** WILL EXPLORE TOOLS TO EXPERIENCE **EQUANIMITY, BALANCE, AND A SENSE OF BEING YOUR TRUEST SELF**. WE INVITE YOU TO JOIN US FOR THIS **8-WEEK INTEGRATIVE YOGA & THERAPY SERIES** FOCUSING ON FINDING YOUR CENTER THROUGH GUIDED MEDITATION, BREATH, MOVEMENT, RELAXATION, GROUP PROCESSING, & PROVIDED SUPPORT. USING YOGA PHILOSOPHY AND THERAPEUTIC TECHNIQUES, THIS SERIES WILL ALLOW PARTICIPANTS TO EXPLORE AND CREATE A DEEPER RELATIONSHIP WITH THEMSELVES AND THEIR POTENTIAL BARRIERS TO LIVING A LIFE OF BALANCE WHILE FORMING A CONNECTION WITH OTHERS WITHIN A SUPPORTIVE GROUP SETTING.

### *What will it look like?*

SESSIONS WILL CONSIST OF:

A **15 MINUTE OPENING THEME + MEDITATION**

FOLLOWED BY A **50 MINUTE ASANA (MOVEMENT) PORTION** LED BY KRYSTLE

WE WILL CONCLUDE WITH ABOUT **20-30 MINUTES OF PROCESSING AND REFLECTION**, LED BY HOLLY. SESSIONS WILL TAKE PLACE ON ZOOM AND PARTICIPANTS WILL RECEIVE A LINK TO OUR CLOSED-GROUP, PRIVATE MEETING ROOM VIA EMAIL.

### *Who is able to attend?*

THIS WILL BE A CLOSED GROUP OF PARTICIPANTS, SO WE WILL MOVE THROUGH THE **8 WEEK GROUP WITH THE SAME PARTICIPANTS THAT WE BEGIN WITH**. THE GROUP WILL BE **ALL WOMEN**, WITH DIVERSE LIFE EXPERIENCES AND PERSPECTIVES, BUT HAVING THE COMMON PURSUIT OF SELF GROWTH AND PERSONAL EVOLUTION.

**PREVIOUS YOGA EXPERIENCE IS NOT EXPECTED.**

### *What do I need?*

**COMFORTABLE CLOTHES** THAT YOU CAN MOVE IN & **A YOGA MAT**, IF YOU HAVE ONE. A COMFORTABLE, PRIVATE PLACE IN YOUR HOME WHERE YOU CAN VIEW YOUR COMPUTER.

### *What is the cost?*

YOUR BENEFITS WILL BE VERIFIED THROUGH INSURANCE.

**STANDARD COPAYS WILL APPLY.**

**NOTE: MOST UPMC AND HIGHMARK ARE WAIVING COPAYS DURING COVID - 19  
PRIVATE PAY RATES ARE \$40 PER CLASS.**



## **Krystle Fitzpatrick, RYT, BA**

Krystle has been working as a yoga, mindfulness, and wellness educator for 7 years. She works alongside individuals of all ages and abilities with diverse backgrounds within studios, schools, universities, hospitals, and community centers in and around the Pittsburgh area.

She holds a bachelors degree in psychology and has worked within the mental health community for over a decade, providing trauma-informed instruction and care.

She has completed trainings in multiple modalities and styles of yoga, including certifications from the Asheville Yoga center & the Baptiste Yoga Institute.

Krystle's primary teaching philosophy is:  
"Cultivate kindness within and towards yourself first, then share that kindness with others."

## **Holly Kepins, MSCP, LPC, RYT**

Holly is a Licensed Professional Counselor and National Certified Counselor. She has a passion for assisting people to reach their highest potential by implementing individual's strengths into the therapeutic process. She utilize cognitive behavioral therapy and dialectical behavioral therapy to work from where a person currently resides in their mental health journey to get to the ultimate destination of living a life according to personal values. She has an expertise of working with individuals who struggle with eating disorders, and have spent a large part of my career working for UPMC's Center for Eating Disorder's partial and intensive outpatient programs. She also has experience in working with individuals struggling with anxiety, depression, trauma, difficult life transitions, stress management, and interpersonal concerns.

Holly is also certified under Yoga Alliance as RYT 200. She believes in the close connection of the experience between a person's body and mental health. Part of her job is to unite body, mind, and spirit to treat my clients in a holistic fashion.

