

# Benefits

Those who complete the eight weeks of a Mind-Body Skills group have experienced a decrease in depression and anxiety, followed by a heightened sense of well being and engagement in life. Others have noticed a positive change in their coping skills due to learning a dependable range of useful tools for managing pain, chronic illness, stress, anxiety and depression. All participants notice greater self-awareness and positive perceptions about their own lives.

# About Ellyn

Ellyn Stanek Hutton (Mukta Kaur) is one of the few certified Kundalini yoga teachers in Delaware. In 2003, Ellyn completed a 520-hour teachers' training course in Yardley, Pennsylvania under the direction of the respected Mahan Rishi Singh Khalsa. She is nationally certified, passing a rigorous written and oral certification exam sponsored by the International Kundalini Research Institute and the Meditation Institute.

Ellyn has studied the *Effects of Yoga and Stress in Hospital-based Nurses*, demonstrating, via a pilot study, a statistically significant decline in stress in nurses who participated in a one-hour/weekly Kundalini Yoga session.

Ellyn BSN, RN is a Certified Holistic Nurse, Licensed Massage Therapist, and Infant Massage instructor. In addition to teaching yoga to adults, she also specializes in Pregnancy Yoga and Yoga for Moms and Babies.

The Mind-Body Skills group is part of the advanced training she received through Saybrook University.

# Mind-Body Skills Groups

Increase Self-Awareness  
Change Your Life



[www.wellnesswithinbe.com](http://www.wellnesswithinbe.com)

# Who group?

Everyone can benefit from a Mind-Body Skills group. As a result, groups are comprised of adults of all ages and all types of backgrounds. The common theme is that all participants are seeking support in making changes in their lives, whether the desire is to decrease stress, increase coping ability, decrease pain (physical or emotional), enhance immune function, manage anxiety or depression more effectively, or any number of other concerns.



# What

A group of ten adults using a powerful, effective combination of research based healing therapies to help each other deal with life changes, stress and illness in an intimate and supportive group setting. These groups help people to transform the physical, mental, emotional, social, and spiritual dimensions of their lives using:

- ❖ Meditation & Guided Imagery
- ❖ Self hypnosis
- ❖ Biofeedback
- ❖ Breath work
- ❖ Movement
- ❖ Journal writing and drawing



# Where, When & How can I participate ?

Mind-Body Skills groups meet once a week for two hours at a time for a period of 8 weeks.



If you are interested in participating in this group, contact Ellyn at 302-427.2282/[ellynh@rcn.com](mailto:ellynh@rcn.com)