

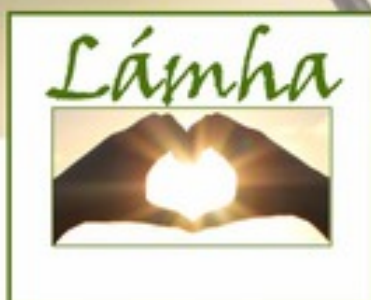


Youth Wellness Programme

'Beoga' ('lively' or 'vibrant') is an initiative that teaches wellness and coping skills to young people through yoga, and participative wellness workshops.

Themes such as self-compassion, stress management, self-advocacy and anxiety are explored not only through theory-based workshops (discussion, videos, coaching, journalling), but also through physical practice (yoga poses, breathing techniques, meditation/mindfulness and relaxation). Pairing practical skills with theory, Beoga's complementary strands weave an innovative and broad-spectrum approach to wellness.

Devised by two passionate facilitators, and delivered in a relaxed atmosphere that encourages engagement and self-expression, Beoga empowers young people to create and maintain a resilient and positive outlook through life's ongoing challenges.



Life Affirming Mental Health Action

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*"The feedback from the students
was overwhelmingly positive"*

Ita - Transition Year Coordinator

Beoga tailors workshops or events for

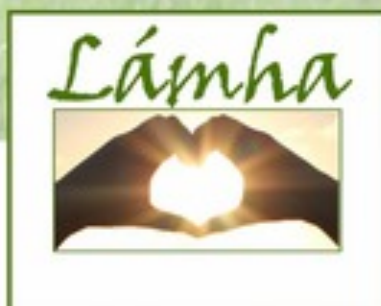
★ Schools ★ Teachers ★ Youth & Community Groups

Tá muid breá sásta ceardlanna a dheanamh trí mhéin na Gaeilge.

Maria Coleman and Linda Uí Ghallchóir, both came to mental health advocacy through personal and family experience. They co-founded LÁMHA (Life Affirming Mental Health Action) in October 2016. LÁMHA's mission is to create an open dialogue around mental wellness that encourages an informed community of acceptance, support and understanding. We believe in early interventions that teach physical, mental and emotional self-care that builds holistic daily habits that foster resilience and positivity.

Maria is a Yoga Alliance registered teacher with Comhcheol Arts and Wellness. She teaches yoga to children, teens, adults and seniors. Her educational background, (degree, masters and doctoral research) is in the field of music, art and technology and her current work blends yoga and arts to weave a unique approach to physical and mental wellness. She is passionate about the power of mind/body practices to promote self-care, and build and maintain holistic wellbeing.

Linda is the founder of PHEW (Positive Health and Emotional Wellbeing), bringing wellness events, workshops and talks into school and community settings that are based on positive mental health being treated as an everyday exercise. She also shares her story of positive mental health through vision loss and chronic illness. She holds degrees in Health and Social Care and Psychology and Behavioural Therapy. She is doing ongoing study in Counselling and Mental Health in the Community.



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