



Free online yoga, mindfulness & education to build resilience for the brain injury community
www.loveyourbrain.com/mindset

| MINDSET W/ GROUP DISCUSSION | MINDSET W/ GROUP DISCUSSION + YOGA | MINDSET ON YOUR OWN |
|--|--|----------------------------|
| What | What | What |
| <ul style="list-style-type: none"> Weekly emails with 4 tools 45min weekly online meetup with group discussion | <ul style="list-style-type: none"> Weekly emails with 4 tools 75min weekly online meetup with group discussion and live yoga class | Weekly emails with 4 tools |
| Who | Who | Who |
| <ul style="list-style-type: none"> Ages 15 - 70 Those with TBI and their caregivers | <ul style="list-style-type: none"> Ages 15 - 70 Those with TBI and their caregivers Able to move without assistance (no wheelchair, cane) | Anyone |
| When | When | When |
| Offered quarterly | Offered quarterly | On demand |

Receive weekly emails with 4 mindfulness tools to practice from your own home, on your own time:



1: EDUCATION

Watch engaging 1-minute videos about how you can cultivate a resilient mindset.



2: MEDITATION

Listen to 10-minute guided meditations to enhance self-awareness, kindness, community connection, and gratitude.



3: YOGA

Practice 45-minute mindful movement videos to improve strength, balance, and mind-body connection.



4: YOGA NIDRA

Listen to 20-minute guided yoga nidra meditations to support sleep, stress relief, and self-compassion.