





Wellness  
in a Digital Age



## Interactive Talks / Wellbeing Workshops

- *Presentations with practical, fun, interactive elements. (Theory : Practice ratios indicated).*
- *Activities can incl. simple yoga exercises, breathing, drumming, body percussion, drawing, journaling, meditation, mandalas, relaxation, sound baths, technology, digital design etc.*
- *Theory is drawn from a mix of neuroscience, philosophy, psychology, art, music, technology, sound and yoga research.*
- *Follow on [100% Practice](#) Yoga, Music, Art, Sound Bath or Technology workshops available. (See for example Youth Yoga Class themes below. Experienced with specific client communities eg. Troubled Teens, Older Adults, ASD, Fibromyalgia, Pregnancy, Disabled Adults.)*
- ***Thig le na ceardlanna seo bheith déanta trí mheán na Gaeilge, nó idir dhá theanga.***



## Wellbeing Workshops

- **Percussion, Play, Positivity** (60 mins, drums, body percussion & slide talk **Theory 25% : Practice 75%**)
- **Creativity, Play, Positivity** (45min, slide talk on neuroplasticity & movement exercises. **Theory 50% : Practice 50%**)
- **Creative Wellbeing** (60 mins, drawing, drumming and singing, movement exercises & discussion. **Theory 10% : Practice 90%**)
- **Present Tense** (45 mins, Mindfulness with a difference. Neuroscience of rumination, embodied mindfulness techniques. **Theory 50% : Practice 50%**)
- **Body and Mind** (45 mins, Slide talk on East meets West philosophy . Guided Relaxation. **Theory 50% : Practice 50%**)
- **Desk / Chair Yoga** 1hr, Gentle yoga and relaxation in the chair. (**Theory 10% : Practice 90%**) [See video here.](#)
- **Morning Pages & Goal Setting** (45 mins, Handouts, Journaling, Vision board **Theory 10% : Practice 90%**)
- **Mandala Mindfulness** (60 mins, art tutorial, wellbeing significance explained **Theory 10% : Practice 90%**) [Free instructional file here.](#)
- **Yoga & Gesture Drawing** (90 mins, participants take turns to be the model, doing a yoga pose, while group learns gesture drawing.)



## Interactive Talks

- **Wellness in a Digital Age** (60 mins, Slide talk on self care re. sedentary lifestyle, mental health and privacy re. phones, social media etc. **Theory 75% : Practice 25%**)
- **Habit Hacking** (45 mins, Slide talk on neuroscience and psychology of habits and tips on how to change them. **(Theory 75% : Practice 25%)**)
- **Yoga and Autism: Working with the Vagus Nerve** (45 mins, Slide talk ends with simple yoga exercises, **Theory 95% : Practice 5%)\***)
- **Yoga as a Mental Wellbeing Toolkits** (45 mins, Slide talk , simple yoga exercises **Theory 75% : Practice 25%**)

*(These can be optionally lengthened to include more yoga techniques or a guided meditation.)*

*\* Follow up **ASD Family or Group Music / Yoga workshops** available.*



# Youth Yoga Class Themes

Poses, Breathing,  
Meditation, Relaxation  
(40-80mins)

- Stress and Relaxation
- Habits and Playful Plasticity
- Anxiety and Self Belief
- Self Compassion and Relationships
- Inner Critic and Self Advocacy
- Finding Perspective



# Background



Passion for  
Mental Wellbeing

# Beoga Youth Wellness Programme



Yoga, Games, Psychology, Relaxation  
Taster sessions or 6 week / 12 class program

Team: Maria Coleman,  
Linda Ni Ghallchóir  
[www.lamha.webnode.com/beoga](http://www.lamha.webnode.com/beoga)

**Volunteering**



**FIRST FORTNIGHT**  
THE ART OF MENTAL HEALTH

[www.firstfortnight.ie](http://www.firstfortnight.ie)

**(Regional Coordinator)**



**Donegal Mind Wellness**

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

**(Stress Control Course Facilitator)**



[www.positivebirthmovement.org](http://www.positivebirthmovement.org)

**FB: @positivebirthdonegal**  
**(Donegal Facilitator)**



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