

Master Your Mood Workshop Course Introduction



Master Your Mood

As you master your mood, you choose how you want to be in each moment, and unlimited possibilities open in your life as you do so. In this class, you will access more joy, pleasure, acceptance, gratitude and self-empowerment through a variety of self-care, self-love, and healing practices. As we breathe, move, journal, meditate, learn Ayurvedic and Qigong self care practices, Functional Nutrition, and more, you will fill your toolbox full of supportive practices that will help you become more resilient. You will remember what safety feels like in the body, to trust and believe in yourself and to reclaim vibrancy and creativity in order to become the truest and happiest version of yourself.

In each 90 minute class, we begin with movement and breath work, and then turn to more introspective practices. Each class will contain new teachings, and we will also build off of what we learned as the semester progresses. We will identify our non-negotiable daily practices and create a daily and weekly schedule. As you align with your goals and affirmations, you will have greater success in attaining these goals and living the life of your dreams. The class will be customized to the group's needs, so it is ideal to commit to coming on a weekly basis for the duration of the course. Please bring a notebook or journal.

Thursdays, 9-10:30am

April 24-June 19, no class 5/22

\$320 for the full 8 week series OR \$45 per class

*Tuition Assistance being offered by Laura Lin for participants of MCC's Card to Culture program (50% off) – please inquire with Laura Lin at lauraqidancer@gmail.com for full details.

[REGISTER ONLINE HERE!](#)

Class 1: Restore vitality with qigong, soothe the nervous system and reconnect to your joy and pleasure through movement

Class 2: Finding joy and calm through nervous system regulation

Class 3: Somatic movement for self-love, vibrancy, and creativity

Class 4: Brain retraining by linking positive emotions with new thoughts for more creativity, productivity and happiness

Class 5: Introduction to Functional Nutrition

Class 6: Ayurvedic self-care for self-love and creating a daily Ayurvedic practice

Class 7: Identifying Your Non-Negotiable practices, Daily/weekly practice schedules, and defining your affirmations and goals.

Class 8: Reiki and the Five Precepts, Yoga Nidra, tying it all together

Who I am: Laura Lin is a licensed massage therapist, Reiki Master Teacher, Certified Functional Nutrition Counselor, Kripalu certified yoga teacher, and dance teacher living and working in the Berkshires since 2003. Laura has been studying Eastern medicine and healing techniques for over 20 years. These include Qi-gong, Thai massage and Ayurveda. Laura has worked at Kripalu Center for Yoga and Health in the healing arts department and has taught and performed at Jacob's Pillow Dance Festival. Her most recent studies in somatic therapy and movement have informed her approach to helping people regulate their nervous systems and rediscover health, joy, vitality and purpose by using movement as a doorway to healing.

**Please note that this program is a rental and does not qualify for Berkshire Pulse's Tuition Assistance program. Please contact the organization above to inquire about registration, payment, and potential financial aid.*

