

idTHERApi *+ Me*

We've expanded our reach! Now you too can join the couch with idTHERApi +Me.



What Do We Offer?

- Mindfulness Meditation
- Stress Reduction Techniques
- Emotional Regulation
- Mindful Communication
- Self-Compassion Practices
- Group Facilitation
- Wellness Workshops
- Mindfulness-Based Stress Reduction (MBSR)
- Yoga and Mindfulness Integration

How Do We Support?

- Corporate Events/Retreats
- Conferences
- Group & Individual Cohorts
- Onsite Work Wellness Events
- Team-Building Support

What to Expect:

Say goodbye to boring lectures and hello to interactive activities that will get you out of your seat and fully engaged. From mindfulness games to team challenges, we've got something for everyone.

Unleash your creativity and tap into your inner genius with our hands-on workshops. Whether you're painting, writing, or building, you'll discover new ways to express yourself and problem-solve like never before.

Connect with like-minded participants and share your insights, experiences, and challenges in our open and supportive discussions. You'll walk away feeling inspired, empowered, and ready to take on anything.

[Book a Consultation](#)

www.idtherapi.com

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A Typical Session:

1

In our sessions, participants can look forward to an enriching and transformative experience that nurtures both their body and mind. Through a combination of guided mindfulness practices, interactive discussions, and experiential activities, our sessions provide a safe and supportive space for individuals to explore and cultivate mindfulness in their daily lives. Participants can expect to learn practical techniques for managing stress, enhancing focus and concentration, and fostering greater emotional resilience.

2

During our sessions, participants will have the opportunity to engage in a variety of activities designed to deepen their understanding and practice of mindfulness. These may include guided meditation sessions to help cultivate present-moment awareness and relaxation, gentle yoga or movement practices to connect with the body and release tension, and mindful breathing exercises to anchor attention and calm the mind. Additionally, interactive group discussions and reflection exercises will encourage participants to explore how mindfulness can be applied to their personal and professional lives, fostering greater self-awareness and compassion.

3

Through our mindfulness and well-being sessions, participants can expect to develop practical skills and strategies for integrating mindfulness into their daily routines, leading to greater overall well-being and life satisfaction. Whether you're new to mindfulness or have been practicing for years, our sessions offer something for everyone, providing a supportive community and space for growth and exploration. Join us as we embark on a journey toward greater presence, peace, and purpose together.

So, if you're ready to cultivate greater mindfulness in your life, we invite you to join us for one of our upcoming sessions. Together, we'll explore the transformative power of mindfulness and embark on a journey toward greater balance, resilience, and inner peace. We can't wait to connect with you and support you on your path to well-being.

[Reserve Your Spot](#)