



# MAKE + MOVE:

## AN ART & YOGA EXPERIENCE FOR EDUCATORS AND STAFF

IS YOUR STAFF  
SHOWING SIGNS OF  
BURNOUT AND  
COMPASSION FATIGUE?

JOIN CAROLINE TYE AND ERIN BRACCO IN AN  
**EXPLORATION OF  
MAKING AND MOVING  
MINDFULLY**

People in the helping profession pour themselves into their work, which oftentimes comes at the expense of their own well-being. Now is the time we better support them!

### *ART, MOVEMENT, AND MINDFULNESS*

are all research driven and evidence based practices that help all humans to move out of a state of dysregulation into a more healthy state of mind.

### *Make*

Caroline will provide support, art interventions & techniques, and guidance as the participants engage in the art making process.

### *Move*

Erin will hold space for your staff to pause and connect with their body, providing clear cues and modifications for all levels of yoga.

*All art materials will be provided. Participants are encouraged to bring their own yoga mats and dress comfortably; however, some mats can be provided.*

# ABOUT US



**Buddha Belly Kids Yoga** is a mobile yoga + mindfulness company founded by educators, rooted in child development + social-emotional learning, and dedicated to nurturing kids' innate desire for movement and play. It's kids first, then yoga- our team brings a fierce passion for developing a brave, safe enough space for children and grown ups to move, breathe, and be.



**Erin Bracco** is an Illinois Professional Educator and a Registered Children's Yoga Teacher. She is also a yogi, kindergarten teacher, consultant, and the co-founder of Buddha Belly Kids Yoga. Erin is passionate about child development and thrives on helping little humans gain social-emotional learning strategies to explore their world.



**Dandelion Therapeutic Art Center** is an art therapy group practice and wholeheartedly believes that creativity, art and the relationship can develop healing, growth, and transformation in an individual's life. Art therapy is our sole focus - our team is dedicated to developing, learning, and advancing the practice of art therapy utilizing their own strengths and creative talents to bring our philosophy to life in each session.



**Caroline Tye** is a Licensed Clinical Professional Counselor and a registered board-certified art therapist. She is also an artist, educator, mom of 2 and the owner of Dandelion Art Studio. Caroline uses the creative process and her therapeutic skills to work with children and adolescents who are diagnosed with a range of mental illness and behavioral issues. She brings an enthusiastic, passionate, and nurturing approach to all of her clients.