

Kathy Flaminio, LGSW, MSW

“Taking Care of YOU: Self-Care Strategies for Mind-Body & Heart”

This is an experiential workshop in which participants will integrate being a “Catalyst for Change” into simple mind-body practices. This 90-minute session will enable participants to deepen their understanding of the impact of stress on their minds, bodies, and hearts, and allow them to experience the Five S’s of self-care. Through hands-on learning, reflection, and dialogue, participants will explore and experience breathing exercises, regulating movement and relaxation techniques for stress management to incorporate into their personal and professional lives.

Bio



Kathy Flaminio, LGSW, MSW, is the founder of 1000 Petals LLC, a training and consulting company on the science and practice of mindfulness, movement, and social/emotional learning. She is the creator of Move Mindfully yoga-based sequencing for self-regulation, focus, and overall well-being. Flaminio holds a master’s degree in social work and is a registered yoga teacher with more than 30 years’ experience in guiding people to higher levels of holistic health and wellness. She is committed to developing products and services that provide transformative experiences for adults and children. Flaminio offers graduate-level accredited courses, training more than 30,000 professionals to use mindfulness and movement tools in classrooms, hospitals, home care, detention centers, and therapeutic settings. Over the past eight years, Flaminio has partnered with the University of Minnesota Masonic Children’s Hospital to provide trauma-responsive yoga for the

child/adolescent mental health and dual-diagnosis units. She co-authored the Teen Resiliency Program with Henry Emmons, MD, as well as other physicians and psychologists. This program is an integrative, skill-based model used to support teens with anxiety, depression, and other stress-related conditions.