



CONSCIOUSNESS AND LEARNING

KIATSUGI

EDUCATE* EMPOWER * ENLIGHTEN

Kiatsugi believes that all humans are capable of a higher consciousness. Through awareness and healing, one can achieve their higher purpose. Kiatsugi is the gateway to optimal health, a mirror for self-discovery, and the pillars of support needed to guide you through.

TEEN WORKSHOPS

YOGA BREATHING AND MOVEMENT INCLUDED IN ALL SESSIONS

MINDFULNESS (Part 1)

This session will educate teens on the mind-body connection and elaborate on the importance of being mindful. It will teach them how to slow down, set priorities, stay calm and focused in the midst of a busy life. Additionally, they will learn about the power of their thoughts and how to apply a more positive mindset each day.

MINDFULNESS (Part 2)

This session will build on previously learned content about the importance of mindfulness in everyday life. It will go into greater detail about the science behind anxiety, depression, and science and teach additional strategies to help teens have an improved understanding on how to regulate their emotions.

SELF-AWARENESS

During this session, students will understand who they are at a deeper level through the use of Vedic Astrology and journaling. They will receive a copy of their own personal birth chart, which is a glimpse into the sky at the time and date of their birth. They will learn about sun, moon, and ascendant signs- the differences between these three celestial influences and how they can use that knowledge to better understand key traits about the electromagnetic influences of this physical realm, on themselves and how they are emotionally, and the way they may be perceived by others.

NUTRITION 101

What should a healthy teen be eating? They will learn about the basics of how to improve health status and energy through quality nutrition. Teens will be supported in a discussion about unhealthy food and beverage choices and the scientific effects of consuming unhealthy amounts of things prevalent in today's society such as caffeine, sugar, and processed foods. They will be taught how to make healthier decisions for themselves and receive tips of things to look for to ensure they have a balanced, healthy diet based on their lifestyle.

THE FOUR BODIES FRAMEWORK

The Four Bodies Framework: This session will define health and emphasize the importance of being healthy. It will introduce health as a concept that includes the four aspects of physical, mental, emotional, and spiritual health. Additionally, teens will be supported in defining and prioritizing personal health goals with reasonable action steps.

THE SCIENCE OF ENERGY (Part 1)

Teens will discuss the basics of energy starting with potential and kinetic energy. They will learn how everything in our world is made of energy and will explore the different vibrational frequencies associated with a variety of things, including emotions, colors, and sounds. They will explore an energy balancing modality of reflexology to help with stress, anxiety, depression and the yoga will also highlight some polarity therapy techniques.

THE SCIENCE OF ENERGY (Part 2)

To build on to the previous session, teens will look more closely at how energy is received in the body through the Chakra system. They will learn about Kundalini energy that travels up the spine and how to identify any blockages or surpluses of energy through these energy points.

GRATITUDE AND DREAMS FOR THE FUTURE

To end a 6 to 8 week course, the final session will focus on what gratitude is and the importance of it. Teens will also think about their dreams for the future and will create vision boards to take home with them to build on the topic of manifestation. The session will highlight how all of the topics come together as one to improve their health, happiness, and well-being and will encourage them to continue to apply their learned skills in everyday life.