

Urban Zen Integrative Therapy in Schools Menu



Urban Zen (UZIT) is an effective, adaptable set of trauma responsive mindfulness tools that supports well-being and promotes ease in your body and your life. These tools include gentle movements, simple breath awareness, guided body awareness meditation, restorative positions, aroma therapy and reiki. The practice of UZIT relieves symptoms of stress, anxiety, exhaustion, trauma, insomnia and pain and may improve job satisfaction and overall job performance.

Adult Professional Development

1 hour - 100\$

(includes, data collection, wallet size self-care reminders, reiki and essential oil)

1 1/2 hour - 140\$

(includes data collection, wallet size self-care reminders, reiki and essential oil)

**up to 40 participants. Over 40 add one assistant @ 40\$ / hour*

Adult Weekly classes

1 hour - 100\$

(includes handout, data collection, wallet size self-care reminders, reiki and essential oil)

Adult Conference Workshop

1 hour - 100\$

(includes, data collection, wallet size self-care reminders, reiki and essential oil)

**up to 40 participants. Over 40 add one assistant @ 40\$ / hour*

Zen Room Adult Individual or Small Class:

Small Classes: support teachers and administrators in small groups for 20-25-minute sessions (2 per hour).

Individual sessions

(15- 20 minutes) and up to 3 people per hour could be seen during a one-hour period.

1 hour for one therapist – 100

\$ (data collection, wallet size self-care reminders, reiki and essential oil)

Youth classes

Elementary through high school

30 Minute - \$50

(includes data collection, wallet size self-care reminder, no reiki, no oil)

45 Minute - \$75

(includes data collection, wallet size self-care reminder, no reiki, no oil)

**teacher present in room during class*

Trauma Responsive UZIT

Responding to traumatic events as a part of the overall support for the school and its staff and students when situations such as: School shooting, suicide, bullying and community trauma.

1/2 day - 2 therapists \$ 500

Full day - 2 therapists \$ 800

**Urban Zen in Schools with Janine Harris-Degitz
& Jenn Gebhart February 2020**