

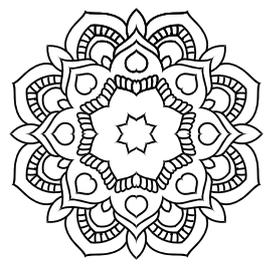
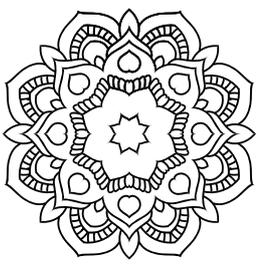


PARC NEWSLETTER

Regions 5 & 6 Volume 46 Spring 24

The Benefits of Yoga on the Mind and Body

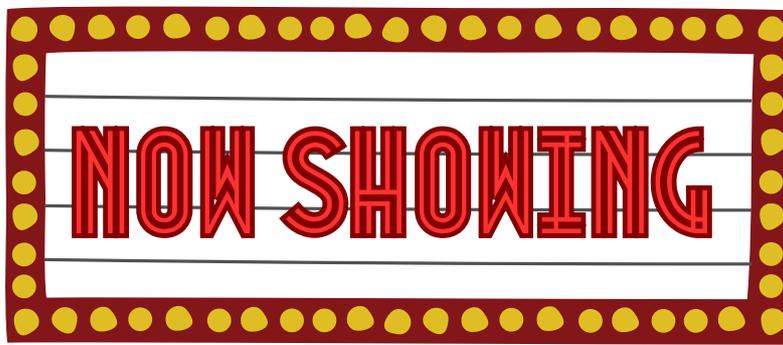
Written by Karyna Sitkowski



Yoga is an ancient and well-known practice that helps a person forge a stronger connection between mind and body. Originating in India, yoga has gained popularity worldwide, aiding in healing. Its elements focus on learning and controlling breath, engaging the body physically, and meditation. Many are intimidated by the idea of meditation and the physical demands of yoga, but what most don't realize is that yoga has different levels and types. Some forms are more active, while others emphasize relaxation and breathing.

Participating in yoga offers numerous benefits, including weight loss, muscle building and toning, pain relief, improved balance and flexibility, and enhanced mental health. Yoga can significantly improve mental health through its meditation and breathing benefits. According to Harvard University, yoga helps the brain form new connections, which can enhance cognitive skills like memory, attention, awareness, thought, and language. Moreover, yoga is beneficial for improving conditions such as depression, anxiety, and PTSD. The meditation aspect can reduce activity in the limbic system, the part of the brain associated with emotions, facilitating a freer flow of emotions and grounding one in the present moment.

A combination of talk therapy, medication, and yoga has been found to greatly improve quality of life. Yoga is suitable for individuals of all ages and is often affordable for families. Look into local yoga studios and classes in your area to get started.



ADOPTION THEMED MOVIES



Despicable Me (2010)

A MAN WHO DELIGHTS IN ALL THINGS WICKED, SUPERVILLAIN GRU HATCHES A PLAN TO STEAL THE MOON. SURROUNDED BY AN ARMY OF LITTLE YELLOW MINIONS AND HIS IMPENETRABLE ARSENAL OF WEAPONS AND WAR MACHINES, GRU MAKES READY TO VANQUISH ALL WHO STAND IN HIS WAY.

Pete's Dragon (2016)

MR. MEACHAM, A WOODCARVER, DELIGHTS LOCAL CHILDREN WITH STORIES OF A MYSTERIOUS DRAGON THAT LIVES DEEP IN THE WOODS OF THE PACIFIC NORTHWEST. HIS DAUGHTER GRACE BELIEVES THESE ARE JUST TALL TALES, UNTIL SHE MEETS PETE, A 10-YEAR-OLD ORPHAN WHO SAYS HE LIVES IN THE WOODS WITH A GIANT, FRIENDLY DRAGON. WITH HELP FROM A YOUNG GIRL NAMED NATALIE, GRACE SETS OUT TO INVESTIGATE IF THIS FANTASTIC CLAIM CAN BE TRUE.

Superman (1978)

JUST BEFORE THE DESTRUCTION OF THE PLANET KRYPTON, SCIENTIST JOR-EL SENDS HIS INFANT SON KAL-EL ON A SPACESHIP TO EARTH. RAISED BY KINDLY FARMERS JONATHAN AND MARTHA KENT, YOUNG CLARK DISCOVERS THE SOURCE OF HIS SUPERHUMAN POWERS AND MOVES TO METROPOLIS TO FIGHT EVIL. AS SUPERMAN, HE BATTLES THE VILLAINOUS LEX LUTHOR, WHILE, AS NOVICE REPORTER CLARK KENT, HE ATTEMPTS TO WOO CO-WORKER LOIS LANE .

Lilo & Stitch (2002)

LILO IS A LONELY HAWAIIAN GIRL WHO ADOPTS A SMALL UGLY "DOG," WHOM SHE NAMES STITCH. STITCH WOULD BE THE PERFECT PET IF HE WEREN'T IN REALITY A GENETIC EXPERIMENT WHO HAS ESCAPED FROM AN ALIEN PLANET AND CRASH-LANDED ON EARTH. THROUGH HER LOVE, FAITH AND UNWAVERING BELIEF IN OHANA, THE HAWAIIAN CONCEPT OF FAMILY, LILO HELPS UNLOCK STITCH'S HEART AND GIVES HIM THE ABILITY TO CARE FOR SOMEONE ELSE.



Fun Spring Time Ideas



Play Sports



Go Fishing



Plant Flowers



Fly A Kite



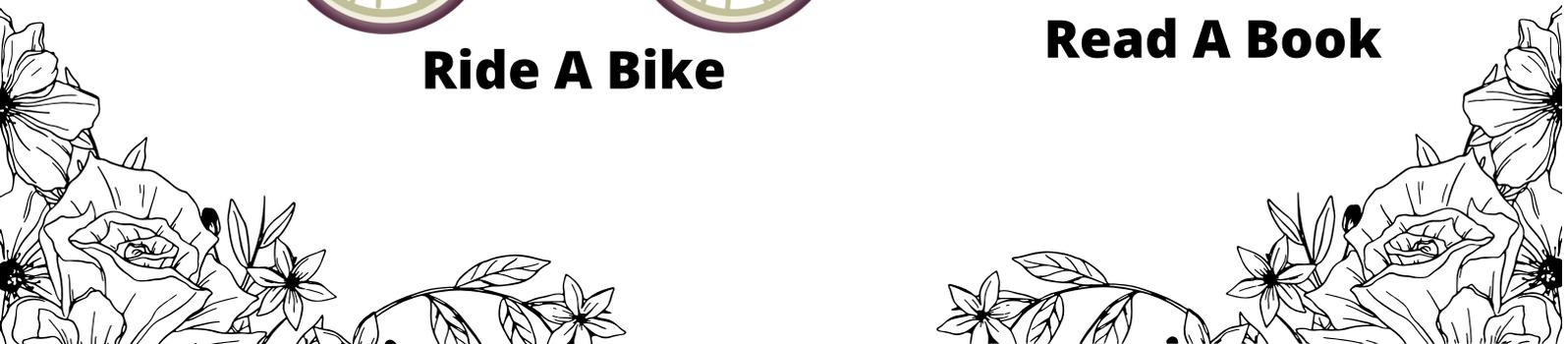
Have A Picnic



Ride A Bike



Read A Book



PARC Events

Build connections with and get support from others who truly understand!

Monthly Online Support Groups:

Fabulous Foster and Adoptive Parents

First Monday of Each Month
6:30 - 8:30 p.m.

Adoptive Family Connections

First Thursday of Each Month
7:30 - 8:30 p.m.

What are people saying about PARC?

“It [the Dads group] was a great way for dads to connect and see they are not the only dads out there.”

“Love the people and the help I receive here!”

“These people are my tribe. This [support] group has helped me get through so many things.”

“[PARC Worker] helped to keep me from jumping off the ledge many times. I never felt judged, only supported.”

“My experience was wonderful, [worker] was a huge help to us. We truly appreciate all of the support!”

“[Worker] has been a true blessing to our family. Their kindred spirit helped me through a difficult time.”

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www.parc-judson.org

www.facebook.com/MIPARC5.6

For a complete list of events, visit the calendar page on our website. Additional activities and resources are listed there as well!

www.parc-judson.org/calendar

For questions or to register for support groups or events, contact:
parc_5@judsoncenter.org
or 734-794-2988.

