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**Intuition Wellness Center  
Launches Inclusive Wellness Classes**  
*Increases community accessibility  
to quality wellness programs  
in turbulent times*

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**FOR IMMEDIATE RELEASE**

**Tucson, AZ (October 11, 2017)** – Intuition Wellness Center, leading provider of integrated behavioral health services and wellness programs for children, young adults and families, unveils inclusive yoga group classes to offer a structured and friendly introduction to yoga and mindfulness for ages four – 30. Melisa Doran Cole, registered yoga teacher since 2013 and former Tucson classroom teacher for eight years, joins the Intuition Wellness team, bringing expertise, specialized training, innovative teaching techniques and out-and-out fun that inspire health and joy.

To further increase community accessibility to quality wellness programming, inclusive Taekwondo Wellness classes expand to include ages four – adult. Weekly Taekwondo Wellness classes, ongoing eight-week youth yoga sessions and weekly drop-in young adult yoga sessions are tailored to both those wanting to maintain overall wellbeing and to those with specific mental health and developmental needs associated with anxiety, depression, ADHD, autism and more. Yoga class sizes are limited to eight students; Taekwondo Wellness classes are limited to only 15.

**Yoga for Children (ages 4 – 7)** incorporates visuals, games, props and a variety of kid-friendly activities. Children benefit from predictable routines and opportunities for positive interactions with other children while improving flexibility, strength and motor skills.

**Yoga for Children (ages 8 – 12)** allows school-age students to continue to improve flexibility, strength, balance and motor skills through deepened stretches, age-appropriate games and activities and predictable sequences. The series supports students in managing the stresses of their world through yoga breath practice and mindfulness meditation.

**Yoga for Teens (ages 13 – 17)** supports students in increasing and maintaining flexibility, strength and balance for improved self-esteem and body image, increased energy, and reduction of fear and stress. Instruction offers fun and challenge through yoga poses, breath work and meditation practice.

**Yoga for Young Adults (ages 18 – 30; drop-in)** provides practice in traditional postures, meditation, flexibility, strength, balance and endurance. Classes are light-hearted and fun, yet a powerful tool for self-exploration and awareness, stress management and sense of community.

In **Taekwondo Wellness**, students kick anxiety, depression and anger to the curb each week with Clinical Psychologist Yoendry Torres, Psy.D., 4<sup>th</sup> Dan. Master Torres' unique, action-packed and proven approach merges two arts: **Taekwondo and psychology**. Enjoyable age-appropriate activities combine the benefits and rigor of the sport and student wellness goals. Instruction offers traditional Taekwondo core principals and philosophy with mindfulness meditation. Students learn effective tools to manage stress, experience increased self-esteem, perseverance and emotional regulation, along with improved social skills, interpersonal and family relationships.

**Yoga and Taekwondo Wellness private sessions** are available and can be crafted as either a wellness program for those who prefer sessions specifically attuned to their individual strengths and needs or as a therapeutic approach offered by a licensed mental health professional in conjunction with treatment. **Therapeutic Taekwondo Wellness and Yoga & Art** individual and group sessions require an intake and written treatment plan and may be billable to insurance.

Experience Intuition Wellness Center's integrated approach to wellness programming. Call 520-333-3320 or visit [intuitionwellness.com](http://intuitionwellness.com) to learn more about inclusive group classes that cultivate the mind, body, and spirit and to register.

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*Editor's Note: Please contact Gina Babunovic at 520-333-3320 or [contact@intuitionwellness.com](mailto:contact@intuitionwellness.com) for photos available for publication.*