



5675 N Oracle Rd, Suite 3101  
Tucson, AZ 85704  
Phone: 520.333.3320  
[www.intuitionwellness.com](http://www.intuitionwellness.com)

## FOR IMMEDIATE RELEASE

### Contact:

Gina Babunovic  
520-419-6010  
[gbabunovic@intuitionwellness.com](mailto:gbabunovic@intuitionwellness.com)

## Intuition Wellness Integrates Taekwondo, Yoga & Art Group Therapies in Expanded Center

**Clinician-directed programs offer  
innovative, alternative approach  
to behavioral and brain health**

**TUCSON, AZ (June 16, 2016)** – Intuition Wellness Center, PLLC, a private youth, family and community-focused counseling practice, announces the addition of three therapy group programs for residents of all ages to achieve personal growth, and mental and physical wellbeing within a spa-like, non-judgmental setting. Beginning in June with Taekwondo Wellness therapy groups for ages 7 – 12 and 12 – 65+, programs are held on-site in the Center's spacious new studios located at 5675 N. Oracle Rd., Ste. 3101. Therapy groups are facilitated by Intuition Wellness Center licensed clinicians.

**Taekwondo Wellness** offers individual and group therapy martial arts sessions for children, adolescents and adults experiencing social, emotional or behavioral challenges. Clinician and Taekwondo master instructor Yoendry Torres, Psy.D., 4<sup>th</sup> Dan, blends traditional Taekwondo and mindfulness meditation with a focus on teaching how to manage stress, anxiety, depression and anger. Sessions combine both the benefits and rigor of the sport and therapeutic goals to improve mental and physical health, coping skills, as well as social and family interactions.

Join Navneet Lahti, LCSW, certified Yoga instructor, child and family clinician, to discover the healing benefits of yoga and artistic expression in an array of **Therapeutic Yoga & Art** groups for children, adolescents and adults. Yoga, derived from the Sanskrit word that means "to join," is considered a method to unite the body, mind and spirit and is offered as a stand-alone alternative approach to or in combination with individual counseling. Held several times throughout the year, therapy groups include between 6-10 sessions focused on treating various mental health challenges such as trauma, depression and anxiety.

Navigating rapid emotional and physical changes and increased relationship complexities during adolescence can be difficult. Clinician Graziella Martins, LCSW, facilitates **Skills to Thrive**, a therapy group created specially for teen girls ages 13 – 18 who want to improve their relationships, develop an effective communication style, better manage their emotions and increase their sense of self and confidence. Beginning Wed., Aug. 17, four modules, each six weeks in length, provide a specific set of tools with the goal of increasing awareness of the body, mind and surroundings; increasing understanding of feelings and thoughts; learning how to set boundaries and how to tolerate strong emotions. Teens may attend one or all modules.

Therapy group programs are open and available to the public upon initial evaluation with treatment plan. All or a portion of the fees may be covered by a participant's health insurance.

Additional new services include:

- Animal-assisted therapy (AAT)
- Parent Support Groups
- School Observations
- Reduced-rate therapy services provided by graduate training students

Visit [intuitionwellness.com](http://intuitionwellness.com) to learn more about therapy group program details, schedules and fees and additional services. To register or to inquire about youth, family and individual counseling services, contact Intuition Wellness Center at 520-333-3320 or [contact@intuitionwellness.com](mailto:contact@intuitionwellness.com).

### **About Intuition Wellness Center**

Co-owners Dr. Yoendry Torres and Dr. Brandy Baker envisioned an alternative, holistic wellness center focused on serving children, teens, families and community with a mission of inspiring others to live in health and joy. The Center was to employ various modalities of counseling and interdisciplinary approaches. Established in 2013, Intuition Wellness Center relocated within Tucson in April 2016 to a facility that aligns with their vision and mission; the space features light, airy studios, a restful "Great Room" and private counseling rooms to support over 200 clients ages 3 – 65+ with personal growth and change.

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**Editor's Note:** To request an interview, quote or images, please contact Gina Babunovic at 520-419-6010 or [gbabunovic@intuitionwellness.com](mailto:gbabunovic@intuitionwellness.com).



The Center's "Barefoot Room" accommodates both Taekwondo Wellness participants and family members who wish to observe the session.



Therapeutic Yoga & Art is held in the serene "Lotus Room."

community partners and organizations throughout Tucson.



The Center's "Great Room" exhibits artwork created by