

Now Meeting at
FRA
210 Newman Springs Rd East,
Red Bank



The Calm Within The Chaos Movement and Support Circle for Parents of Kids with Disabilities

We've all heard the phrase, "put your own oxygen mask on first," right?
But how do you do that when you don't have a moment to yourself?

THIS IS YOUR MOMENT.

If locking yourself in the bathroom with a glass of wine is your idea of relaxation,
this circle is for you!

Once a month, we will come together to:

- **Shed stress** through safe, gentle movement practices based on yoga and other movement techniques. No yoga or movement experience is necessary! Movement is based on YOUR ability. Judgement and competition-free zone!
- **Relax and rejuvenate** ourselves through evidence-based breath and meditation practices shown to reduce anxiety and regulate the nervous system.
- **Experience safe space and peer support** to express and share our experiences without judgement or the need to "fix" anything. You'll be in community with other parents who just "get it", and that is invaluable.
- **Celebrate ourselves** and the amazing and powerful way we show up in our lives each and every day.

What we do is HARD.

Let's learn to be as tender and supportive with ourselves as we are with our kids.

You deserve a life of joy and resilience. This circle will help you find the joy that **already** exists in your life, and **see** the resilience that you already have. You will learn how to meditate while unloading the dishwasher, or recharge while driving home from work.

You have enough to DO. You need a new way to BE. I am here to help.

Your first session is just \$25! (for first time participants)

**Sessions at FRA are: 10/30/21, 11/13/21, 11/18/21,
1/22/22, 2/26/22, 3/22/22, 4/22/22, 5/21/22, 6/22/22
from 10 am-12:30pm.**

Cost is \$50 per session or \$397 in full. (10% discount)

(Transformation happens faster if you commit to every month, but there is a single session option.)

See dates and register at <https://www.thecalmwithinthechaos.com/the-program.html>

About Jane, your guide to a calmer, healthier parenting experience:



Jane Kleiman is a 200-hour Certified Kriplau Yoga Teacher, and has been a yoga practitioner and licensed massage therapist for over 20 years. She is also a Reiki Master Practitioner, best-selling co-author of *Awakening The Divine Feminine: 18 Stories of Healing, Inspiration, and Empowerment*, and lifelong spiritual seeker. She has been leading groups of *The Calm Within The Chaos* for the last 7 years, and has had the honor of leading stressed-out, desperate moms back to their love of writing or art, or to start businesses, or to move into positions of leadership and support for other moms of kids with disabilities

Well versed in anatomy, physiology and multiple healing touch and meditative modalities, she brings a gentle, easy touch to principles of movement, breath practice, and group facilitation. Using creative and personal invitations to inquiry, she invites her students to cultivate non-judgmental self-awareness, known in Kripalu Yoga as Witness Consciousness. Jane encourages her students to meet themselves with an open heart right here in the present moment, and accept all that it means to be human.

What Jane says about her own journey:

“I am the parent of a 20-year-old with Autism and Intellectual Disability. My yoga practice has saved me from some dark moments of despair when I felt like inadequacy and uncertainty would swallow me whole; When I thought that taking care of my family meant giving up ever wanting anything for myself. Now, because I have made my LIFE my yoga practice, I am able to find joy, feel freedom and gratitude, and forgive myself when I can't do it all, when I lose my temper or succumb to self-doubt. It happens daily. But it's ok. And it's ok for you too.”

Get in touch with Jane:

<https://www.thecalmwithinthechaos.com/>

<https://www.facebook.com/SacredSpaceYogaandMassageTherapy>