

“Yoga” at Care to Change? What does mindful movement look like at Care to Change?



Our Vision and Purpose

Care to Change was formed with the vision of using our God-given gifts and talents to serve those in need. We believe each interaction with clients is an opportunity to reflect God's love and hope. We pray that our partnerships will result in clients finding God's purpose for their lives.

Our Mission

To help individuals and families maximize their God-given potential by providing Biblically based counseling and life-changing solutions.

Guiding Principles

- We acknowledge that God is the owner and sustainer of Care to Change, and that the families we are serving are His children, each made in the image of Christ, pre-planned for good works and a fruitful life of purpose.
- We rely on the Bible for guidance and direction on all matters and commit to adhering to Biblical principles when making all decisions.
- We interact with all business partners and clients professionally, respectfully, and courteously.
- We will protect the dignity of our clients and respect their decisions for care by following and imitating Christ's example of love and compassion in every interaction, serving our clients as though we are serving the Lord.

The benefits of mind-body connection/movement

Medical research provides evidence that those who are exposed to trauma at any age benefit from intentional breath work and movement. Some of the benefits include the ability to self-regulate, establish calmness, reduce stress, improve concentration, increase flexibility and strength, improve muscle tone, and enhance balance and coordination.

When asked what we believe:

Care to Change believes God is the creator of life. We uphold the truths in Genesis 1 and Psalm 139 stating human beings are intentionally and intelligently created and designed by God. Intentional breath work and guided movement emphasize the connection our Creator has designed between our minds and bodies. They are also supported by medical research.

Care to Change is and will not be associated with the Eastern practices and polytheistic beliefs associated with the philosophy of yoga. This service is an extension of therapeutic services we provide to address the whole person in healing and restoration. As with all services provided by Care to Change, this will be grounded in research, taught by an experienced professional, and rooted in scripture.

The movements and stretches may be similar to traditional yoga, but will be taught by a trained trauma informed care instructor with a focus on the mind and body benefits needed by each individual.

While we recognize the benefit of yoga as stated above, we do not endorse any yoga program or services not provided by Care to Change professionals.

Potential health benefits include:

- Enhanced sleep quality
- Reduced stress, tension, anxiety, and depression
- Improved overall well-being
- Improved balance, flexibility, range of motion and strength
- Reduced inflammation and boosts immune system
- Improved heart health and lung functioning
- Reduced risk factors for chronic diseases, such as heart disease and high blood pressure
- Alleviating chronic conditions, such as migraines and somatic pain.

Scriptures that can be helpful:

- Look! I am going to put breath into you and make you live again. Ez 37:5
- You hear my every sigh... Ps 38:9
- Be still...Psalm 46:10
- Take captive every thought...2 Cor 10:5
- Your body is a temple... 1 Cor 6:19
- Let everything that has breath praise the Lord. Ps 150:6
- In Him we live and move and have our being. Acts 17:28

We will offer services for individuals, businesses, and first responders, with these benefits for each group:

Individuals

- For the purpose of holistically bringing the body into the treatment process
- Mind-body connection for healing from trauma
- Grounding for anxiety and stress reduction
- Restorative breathing
- Self-regulation
- Mood improvement

Businesses

- Above benefits for individuals
- Stress reduction in the workplace
- Wellness program add-on

First Responders & Military

- Above benefits for individuals
- Strength & mobility
- Breath work for intervention
- Trauma reduction

Helpful Resources/References:

- MayoClinic.com
- Healthline.com
- The Body Keeps Score (Van Der Kolk)
- Stretching Your Faith (Michelle Thielen)
- Harvard Health Publishing
- University of Michigan Health
- EMDR Institute