

Mind-Body Offerings

Nature Connection

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What: Mind-Body tools to support individuals, business and non-profit staff, educators, and students to manage their mental and emotional lives, to support nervous system regulation, and to learn to pause and respond inside and outside of the work place. Nature can also be used as a platform to be present, grounded, and embodied.

- **Mindfulness Course:** A course covering the basics of mindfulness meditation, including mindfulness of the body, breath, mind and heart. Participants will walk away with a solid understanding of the practice of mindfulness and practical tools to use in everyday life. 4-6 week long class series (60-minute class weekly).
- **Mindfulness Workshop:** A 2-4 hour introduction to mindfulness, benefits and how-to use these tools in the work place and at home.
- **1:1 Mindfulness Sessions** for students or staff who may need additional support to learn to cope with anxiety or other concerns.
- **Forest Bathing/Mindfulness in Nature:** Guided intentional walks in the woods with an eye towards presencing and grounding oneself, learning to be observant and aware.
- **Nature Creativity:** Creative projects using nature as a teacher, canvas, and medium. Ideas include earth mandalas and earth sculptures, foraging, harvesting, dyeing, and embossing.
- **Mindful Movement Offering for Students and/or Staff:** A daily/weekly guided meditation, yoga nidra (deep relaxation session), movement yoga, or qi gong session.

Emily Martin, a high school science and meditation teacher, is a certified [Mindfulness Meditation Teacher](#) and a certified Forest Bathing Guide.

Prior to teaching high school, Emily founded and ran an outdoor science school that led day camps, outdoor school, and multi-week expeditions in the Cascade Mountains for youth ages 12-18. Emily served as an Ocean Conservation Program Officer for 8 years with the Gordon and Betty Moore Foundation in San Francisco. Emily holds an MS and a BS from Stanford University in Earth Systems, an environmental science major. Emily lives in Hood River, Oregon with her two boys, George (7) and Davey (10).