

Jersey Shore Wellness Studio

Our studio was created with the intention of infusing the benefits of traditional talk therapy with the empowering properties of fitness, creative arts & boxing.

What We Offer

Journaling - Creative Arts

Experiential Activities

Fitness - Boxing

Talk Therapy

Adult - College Student - Teen Support

Anxiety - Depression - Stress Management - Trauma

Self Esteem & Body Positivity

Health/Wellness Behavior Change

Mindful Eating & Food Relationships

Women's Health & Postpartum Support

Life Adjustment - Divorce - Loss

Healthy Healthy Relationships & Codependence

Organizational Skills & Life Skills

Unleash Your Inner Warrior

Why do we love boxing? It brings the mind & body together allowing them to work simultaneously as one. Boxing is a complete mindfulness activity, meaning it forces you into the present & away from future or past thinking. You have to be in the "here and now" to engage in it.

Through boxing & fitness, you will become more self aware of your body's abilities, sensations & cues to perform certain movements or combinations - something that many of us have become disconnected with over time. This is tremendously helpful in coping with **anxiety, depression, ADHD & trauma** to name a few.

Exercise is a complete confidence booster & assists individuals in **releasing excess energy, improving coordination, impulse control & focus**. People have also reported improvements in mood, sleep & overall cognition implementing fitness into their healing "toolbox".

Hang with us & you will learn:

Authentic Boxing Technique - Footwork & Combinations - Proper Lifting & Exercise Form

www.jerseyshorewellness.com
jerseyshorewellness@therapyemail.com