



EvonneSullivan.com

Yoga for Wellness & Recovery

Evonne Sullivan BA, CHRL, E-RYT

Yoga & Meditation Teacher

Mental Health & Addiction Recovery

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About

Evonne Sullivan is a trauma-informed *Yoga Teacher, Meditation Teacher* and *Speaker* specializing in mental health, addiction recovery and employee wellness. Through her *Yoga for Wellness & Recovery* program and *EvonneSullivan.com*, she facilitates wellness sessions within organizations, healthcare, treatment centres, educational institutions, conferences and special events.

Evonne is partnered with *CAMH Foundation* teaching yoga, meditation and mindfulness for patients in treatment at the *Centre for Addiction & Mental Health*, in addition to teaching for employee wellness with *Sinai Health*. Her work is applicable to individuals, clients, employees and organizations.

She creates a supportive, trauma-informed environment for health and healing. *Evonne* is based out of Toronto, travels throughout Ontario and teaches virtually. She spreads the message of mind-body health through teaching, education and practice.

Evonne has trained with *Trauma Sensitive Yoga, Yoga of Recovery, LifeForce Yoga for Depression & Anxiety, Yoga of 12-Step Recovery* and *Recovery 2.0*. She holds an Honours BA from the *University of Guelph*, a Postgraduate Certificate in HR Management from *George Brown College* and is a *Certified Human Resources Leader*.

As a person in long-term recovery, *Evonne's* regular yoga practice is fundamental in her ability to manage challenges with anxiety and depression. She credits her health, wellness and sobriety to living consciously and in touch with the mind-body connection.

Professional Experience

- Centre for Addiction & Mental Health - *CAMH Foundation* 2018, 2019, 2020, 2021, 2022, 2023
- Employee Wellness – Sinai Health Systems 2022, 2023
- Municipal Employee Wellness Programs - *The City of London* 2020, 2021, 2022
- Canada's Largest Yoga Event - *Toronto Yoga Conference & Show* 2018, 2019, 2023
- Child & Parent Resource Institute - *Ontario Ministry of Children & Youth Services* 2018, 2019, 2023
- National Conference - *Canadian Mental Health Association National* 2016, 2017, 2019, 2020, 2021
- Provincial Conference - *Human Services & Justice Coordinating Committee* 2017, 2019, 2021
- Centre for Innovation in Campus Mental Health - *Canadian Mental Health Association Ontario* 2021
- Grounding Trauma - *Cast Canada* 2018

Continued...

- Edgewood Health Network - *Recovery Capital Conference of Canada 2018*
- Annual Institute on Addiction Studies - *Addiction Studies Forum Inc. 2018*
- Corporate Culture - *Conference Board of Canada 2019*
- Workplace Mental Health - *Conference Board of Canada 2017*
- MindYourMind - *ConnexOntario 2018, 2019*
- HealthAchieve - *Ontario Hospital Association 2017*
- National Youth & Justice Congress - *Canadian Criminal Justice Association 2017*
- Recovery Week London - *Addiction Services of Thames Valley 2016, 2017*
- Wellness Education Centre - *Western University 2016, 2017*
- Community Resource Centre - *Mission Services of London 2017*
- Maawn Doosh Gumig Community & Youth Centre - *Aamjiwnaang First Nation 2016*
- Medical Sciences & Addictions Studies - *Schulich & Western University 2017, 2018*

Training Experience:

- Yoga of Recovery - *Durga Leela*
- Trauma Sensitive Yoga - *David Emerson*
- LifeForce Yoga for Anxiety and Depression - *Amy Weintraub*
- Yoga for 12 Step Recovery - *Nikki Myers*
- Recovery 2.0 - *Tommy Rosen and Kia Miller*
- Balancing Moods, Trauma-Informed, PTSD & Healthcare 1 - *YogaFit Canada*
- Internal Peace Initiative - *200 Hour Yoga Teacher Training*
- Mental Health First Aid - *Mental Health Commission of Canada*
- Mental Health Sensitivity - *Blu Matter Project & To Write Love on Her Arms*
- Post-Graduate Certificate in Human Resources Management - *George Brown College*
- Honours BA - *University of Guelph*

Media Experience:

- You've Changed, Episode 2 - *CAMH Podcast 2019*
- Connecting the Dots - *MindYourMind Podcast 2019*
- Addressing the Opioid Crisis - *CTV Evening News 2018*
- Sobriety During the Holidays and 5 Year Milestone - *CBC London Morning 2017*
- Yoga, Mental Health & Recovery - *Ontario Shores for Mental Health Sciences 2017*
- Yoga for Addiction Recovery - *Whole Body Mental Health Mindful Psychiatry 2017*
- Mental Health and Recovery - *Rogers TV London Daytime 2017*
- Yoga - *Western University Health4U 2017*
- Addictions: Success Stories Exist, Recovery Day Rally, Mental Health Week, Yoga for Addictions & Recovery - *Fanshawe College XFM Radio 2016, 2017, 2018*

Session Descriptions:

Yoga for Wellness & Recovery

Focusing on the relationship between mood management and the mind-body connection, sessions offer a combination of breathing, movement, postures and mindfulness. Participants will explore the physical, mental and emotional benefits of a yoga practice.

Improving the mental, psychological and cognitive well-being in both adults and adolescents, yoga can be a positive addition to an effective treatment plan for various conditions and disorders, such as stress, anxiety, depression, trauma and addiction. Teachings are trauma-informed and adaptable for all levels.

Mindfulness Meditation

Guided meditation sessions provide participants with the opportunity to learn and practice a variety of meditation and mindfulness techniques, including mindful breathing, sense engagement, grounding and visualizations.

Each session focuses on a specific theme which offers mental, physical and emotional health benefits, such as stress-reduction, mood-balancing, self-awareness, concentration, gratitude, self-compassion and the mind-body connection. All are welcome, including those new to meditation.

Chair Yoga

Focusing on postures and practices that are beneficial for individuals who sit for longer periods of time. The session will provide an opportunity to reduce tension and stress, while promoting mental and physical wellness. The practice combines breathing, movement, postures, mindfulness and relaxation.

Teachings are trauma-informed and adaptable for all levels. No mat is required. This is primarily a seated practice with a few standing postures while using a chair for support.

