

Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists
Successfully Addressing Workplace Stress, Burnout & Trauma

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Build Capacity

Promote Resiliency

Increase Coping Skills

EXPERIENTIAL LEARNING IN SELF CARE: Yoga and Relaxation Practices for *Every Body*

A HALF-DAY SPECIALIZED WORKSHOP PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

Developed by: Evelyn Neaman, M.A.

HAVE YOU EVER WANTED TO LEARN SIMPLE YOGA AND RELAXATION PRACTICES THAT CAN BE USED IN YOUR EVERYDAY LIFE?

This workshop has been specifically designed for staff and managers who want to manage workplace disputes in a respectful and proactive manner. In particular we are concerned about building personal resiliency in order to manage conflict effectively. It is designed to introduce participants to tools necessary to build healthy relationships. During periods of change and stress, conflicts emerge in spite of our best intentions. Our desire is to introduce core skills and awareness that will allow the best possible outcome when dealing with differences.

This specialized 1-day workshop has two components. The first part of the program provides opportunity for examining one's core beliefs and behaviors when engaged in conflict. The second part is concerned with development of models and actions that provide proven dispute resolution opportunities.

HOW CAN THE PRACTICE OF SIMPLE YOGA POSTURES & RELAXATION TECHNIQUES IMPROVE YOUR EVERYDAY WELLNESS?

- Yoga exercise and simple breathing techniques can build flexibility, balance, strength, and provide deep relaxation for the mind and body.
- Science is now able to measure how yoga calms the nervous system, invigorates and refreshes a tired mind and body, enhances peace of mind and provides opportunities for stress reduction.
- Yoga helps us learn to focus on the present, to become more mindful and to appreciate the power of *stillness* as an antidote to the constant *busyness* in our lives.

LEARNING OUTCOMES:

As a result of attending the Yoga and Relaxation Practices for *Every Body* session, you will:

- Appreciate the value of yoga as a stress reduction practice;
- Have an increased awareness of where you hold tension in your body
- Understand what practices are safe and not safe for you;
- Learn and experience yoga breathing techniques;
- Learn and experience yoga office routines and restorative yoga and relaxation practices;
- Discover ways to integrate yoga and relaxation techniques in both your home and workplace environment

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CANADA
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HOW DOES IT WORK?

Group sessions cover 3 distinct self care practices:

Office Yoga:

Yoga stretching is a natural fit in any office. Office yoga is a practice that maintains your physical health and restores energy throughout the day. Learn to ease pain from your back, discover ways to reduce eye and neck fatigue, and deactivate your “computer posture”. Discover gentle yoga stretches that are designed to be done anywhere, anytime. Learn simple deep breathing exercises, sitting, standing and relaxation postures that help you develop a more flexible, balanced and strong body and mind.

Restorative Yoga:

Restorative Yoga is a healing form of hatha yoga where you are guided into supported postures using simple props. “Restorative postures” activate the parasympathetic nervous system (the body’s natural healing system) and are beneficial to anyone seeking stress reduction. Discover short relaxation routines and deep relaxation practices that strengthen the immune system, calm the mind and restore energy in the body.

Reflections on Self Care:

Throughout the workshop, you will have opportunities to assess and reflect on how stress impacts your body and mind. Through assessment tools and exercises you will be able to consider ways to apply yoga and relaxation techniques at work and in your life.

PROCESS AND RESOURCES

Option A

- This half day session uses a combination of yoga instruction, small group discussion, individual assessment tools and self learning materials. All participants will receive a workshop resource booklet and a Restorative Yoga DVD to support their workplace and home yoga and relaxation practices.

Option B

- This half day session uses a combination of yoga instruction, small group discussion, individual assessment tools and self learning materials. All participants will receive a workshop resource booklet to support their workplace and home yoga and relaxation practices.
- A Restorative Yoga DVD will be available to purchase at the workshop.

EVELYN NEAMAN

Evelyn Neaman is the director of Tikun Yoga Center in Vancouver. She teaches public classes, teacher trainings and corporate yoga sessions, and has taught yoga to the BC Supreme and Appeal Court Judges since 2003. She is a Yoga Alliance registered teacher and holds an M.A. in curriculum and instructional design. She is also the Special Projects Manager for the Law Courts Education Society of BC. Evelyn is the producer of a best selling interactive DVD, *Restorative Yoga- Healing through Breath and Stillness*, which presents two different routines for stress reduction. Editors Choice, Banyen Books and Sound, Spring 2006.

Participants will need to bring 3 blankets for the restorative yoga session.

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