



Caring for the Caregiver

Yoga-Based Stress Management

A comprehensive “hands on” workshop designed specifically for parents, educators, medical staff and other adult caregivers of children with adaptive needs. Learn dozens of simple applications & practical adaptations of yoga techniques that will provide you with ways to release physical tension, relax mental fatigue, reduce the emotional effects of stress & re-energize you: mind & body. Topics that will be discussed in detail include:

- **Stress facts & Statistics**
- **Understanding the Stress Response**
- **Simple Stress Release Techniques**
- **Breathing Techniques**
- **Targeted Movement Sets for Beginners**
- **Creating a Relaxation Response**
- **Imagery & other Relaxation techniques**
- **Hydration & Nutrition**
- **Relationships & Lifestyle**

This is a fun, interactive workshop with lots of demonstration.

Movement sets can be easily adapted for those with range of motion or other difficulties so any fitness level can participate.

Please wear comfortable non-restrictive clothing & bring a water bottle, a mat and a notebook or journal. Each participant will receive a workbook & will create a therapeutic art piece to take home.

To schedule a workshop at
your location

Please contact 215-257-3193
or Barbara@bodylogique.com

BodyLogique® Creative Fitness

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