Yoga Tools for First Responders

(4 1-hour Classes)

In this 4-part series, you will learn how yoga can support your well-being and reduce the physical and mental stresses associated with emergency work. Class size is limited, so sign up today!

For the Body:

Learn basic stretching sequences that can be done in less than 10 minutes to restore range of motion and reduce the aches and pains from wearing heavy gear, operating heavy tools and working in difficult and cramped conditions.

For the Breath:

Most people do not breathe correctly. Learn proper breathing techniques so you can maximize your breath capacity and slow your breathing rate down as well as your heart rate. These skills will keep you grounded and clear-headed when dealing with trauma and other EMS calls. If you, as an interior firefighter, ever find yourself trapped, waiting for help in a smoky environment, you will be able to conserve energy and oxygen levels, keeping both your body and mind in a calmer state, and conserve the very limited air that remains in your SCBA tank, as the rescuers search for you. It may also allow your vital signs to return to more normal levels sooner, limiting your stay in Rehab.

For the Mind:

Both the yoga stretches and the breathing techniques will help relieve some of the emotional stress associated with emergency work. Guided relaxation is another tool that takes only 15 minutes, but the cumulative effects will grow exponentially. You will find it easier to manage traumatic events, both in the moment when you need to stay focused on the work at hand and afterward when processing the experience. You will receive a recording of this 15-minute practice to be used whenever you need to relax. Regular practice of relaxation techniques leads to a calmer state of mind as you go through your day and better sleep.

Instructor: Cathy Prescott, E-RYT500 is a Yoga Alliance registered yoga teacher who has been teaching therapeutic yoga for over 15 years. She is the Executive Director of the Yoga Academy of North America in Cleveland, Ohio and Senior Faculty for Integrative Yoga Therapy’s certification programs, training yoga teachers from across the world for over a decade. Her website is [www.YogaWithCathy.com](http://www.YogaWithCathy.com).