

Yoga Works for Employee Health and Wellness

Series for Human Resource and Worksite Wellness Professionals

Tuesdays, April 30, May 7, 15, 21 | 12 Noon – 1 pm

Live Online & Recordings Available

This is a 4-session series designed for people who work in human resources and worksite wellness and health professionals who want to learn more about Yoga Therapy.

During the 4-session series, you will learn about yoga therapy approaches for specific employee health needs and experience a practice to give you a real-life example of how yoga works.

Yoga Therapy for Low Back Pain

Tues, April 30 – 12 noon – 1 pm CT

Yoga therapy offers self-management tools that can help a broad range of people with low back pain. Have a yoga mat, stretchy clothes, and a towel for padding knees.

Yoga Therapy for Stress & Anxiety Management

Tues, May 7 – 12 noon – 1 pm CT

One of the most common reasons that people practice yoga is to release tension and feel happier. In this session, we'll focus on relieving stress in the upper back, neck, and shoulders and soothing the nervous system with a simple breathing technique.

Yoga Therapy for Better Sleep

Tues, May 14 – 12 noon – 1 pm CT

Yoga therapy offers a variety of tools that are adapted to individuals to help them manage sleeplessness and daytime fatigue. In this session, we explore 2 short practices to deal with getting to sleep and how to energize after a sleepless night.

Yoga Therapy for Gut Health

Tues, May 21 – 12 noon – 1 pm CT

Yoga therapy tools can be helpful for the most common digestive issues. In this session, you will learn how to regulate the gut's nervous system through movement and breathing.



5 Koshas
yoga and wellness



Facilitator/Teacher: Mary Hilliker, RDN, E-RYT 500, C-IAYT is a Registered Dietitian/Nutritionist, Experienced Yoga Teacher and Certified Yoga Therapist. She is co-owner of 5 Koshas Yoga & Wellness in Wausau, WI and owner/lead teacher at the River Flow Yoga Teacher Training School in Wausau and Sturgeon Bay, WI. Mary has managed a worksite wellness program and has provided wellness programming in various worksites. She currently works with public and private online Yoga Therapy groups and develops Video-on-Demand yoga programs designed to meet specific needs.

Do You Need Continuing Education Credits?

A certificate of participation will be issued at the conclusion of the program.

Fee: This program is free for professionals who work in Human Resources or Employee Health & Wellness as well as health professionals who are interested in learning more about Yoga Therapy.

How to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.

