

Caring For The Caregiver: Yoga & Mindfulness Relaxation Techniques | Hybrid Workshop Wednesday, July 24th | 4-7 PM



Are you a caregiver looking to learn ways to care for yourself in mind and body?

Is your time limited for self-care as a caregiver?

Are you feeling burnout, stress or tension from the demands of caring for others?

This workshop will be an opportunity for caregivers to learn and experience grounding, stress release, and breathing techniques that can be incorporated into their daily routines as a way to manage stress and burnout from the demands of caregiving.

Caregivers will come together in community to experience relaxation and stress release techniques, journaling, sharing of our caregiver stories, self-compassion meditation, and a long relaxation practice of yoga nidra.

Who should attend this workshop?

This workshop is for anyone that identifies as a caregiver in their personal life and feels stressed or burnt out by the demands of caregiving.

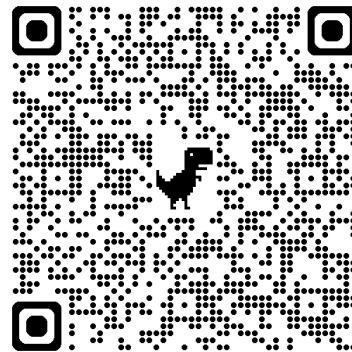
You might be a parent of younger children or teens, a parent or someone else who cares for a family member, friend, or elderly loved one who navigates chronic physical or mental health issues.

This workshop is for those that want to learn about stress release techniques to offer themselves a chance to reduce their caregiving burden through incorporating yoga tools into their daily lives.

**With Jill Wozniak, RYT-200 &
Yoga Therapist in Training**

"I am a yoga therapist finishing up my International Association of Yoga Therapists Certification (C-IAYT) through Inner Peace Yoga Therapy. My journey with yoga began 17 years ago and continues to offer me a path of healing, connection, growth, and transformation that has profoundly impacted my wellness, my relationships, and my nervous system! I specialize in using yoga-based tools such as breathwork, meditation, grounding and awareness practices, and other nervous system regulation techniques to address burnout, stress, anxiety, grief, chronic pain, and those with energy limiting conditions."

Easy Ways 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.



FEE: \$45 with Discount Code: CARE5 expires July 22nd. \$50 after July 22nd.

What do I need? Please bring a journal or something to write in and wear comfortable clothes for gentle movement practices that will be accessible to all.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com