

FRY FIRST RESPONDERS YOGA

Instructor Stephanie Levy



First Responders Yoga Offers 4 Benefits

- Yoga is about **BREATHING**. Practicing breath control before or after calls can better equip you walking into a critical scene, and help you calm down afterwards. Learning how to control breath and tools for breathing can help transition someone from fight/flight mode into calm. This can be helpful to reengage frontal lobe to make more rational decisions in crisis.
- Yoga is about **AWARENESS**. And developing mindful awareness allows people to function better at home and out on calls.
- Yoga improves **SLEEP**. And we all know First Responders do not sleep.
- Yoga relieves **STRESS**. Yoga assists with removing stress from the mind and body. It increases resiliency mentally and physically. Less physical and mental injuries occur on the job when yoga is practiced regularly.

September 29th from 6-7:15pm

Facilitated by the First Responders Foundation FRST Team. For more information visit www.firstrespondersfoundation.org. To register email FRSRT@firstrespondersfoundation.org or call 402-218-1234 Option 2. Available in person or via Zoom

