



YogaCARES Employee Wellness Training Services

Overview

YogaCare shares the healing benefits of yoga in under-resourced communities throughout Chicago! Along with offering free yoga and supporting the training of yoga teachers in communities that have been systematically overlooked, we provide customized training and resources to employees and providers to help prevent burnout and create cultures of wellness at non-profit organizations. The intention is to provide organizations with the tools to instill compassionate self-care as a priority among employees, positively impacting workplace culture. This leads not only to a happier, healthier workforce and a caring organizational culture, but also reduced turnover, improved financial bottom line, and reduced medical errors – increasing quality care. By filling your own cup, your care can overflow to your patients, clients, team members, family, and community - with balance!

Customized Wellness Advising: In this services line, **YogaCARES** stands for: **Compassionate Assessment, Resilience Education, & Self-Care**. We offer consulting to develop and integrate self-care and community care practices into organizations. Service examples include the following:

- Customized consulting and assessment with your team about your needs as an organization and brainstorming strategies to help address barriers and set up your organization for success
- In-person, virtual, and/or live intro and practice sessions with your staff in English and Spanish
- Experiential practices of chair yoga, breathing, meditation, progressive muscle relaxation, and more
- Self-assessment check-ins to monitor your own stress and self-care
- New employee orientation modules on cultures of wellness and wellness practices
- Targeted team group support (e.g., behavioral health, leadership, nursing, health education)
- Organizational policy development to support sustained wellness cultures (e.g. HR policy enhancements, sharing resources for models of organizational care)

Example Clients: Through customized self-care training sessions, YogaCare has trained hundreds of healthcare providers, non-profit workers, and social service staff across Chicago in self-care techniques and employee wellness. Results have shown that staff have incorporated new system changes into their workflows and processes and have refined policies and procedures to build wellness cultures at organizations including:

- PCC Community Wellness
- Chicago Community Bond Fund
- Chicago Family Health Center
- Healing to Action
- Brighton Park Neighborhood Council
- Medical Organization of Latinos for Action (MOLA)

If you would like to learn more about how we can co-create your culture of wellness, please contact Greg Van Hyfte, Executive Director at greg@yogacareus.org or (773) 245-6937.

Practice Descriptions and Teacher/Trainer Bios

The following practices are examples to be shared and downloaded for use as part of our Employee Wellness services with example trainers on the team:

1. Chair Yoga with Darlene Blackburn (18-minute video)
2. Mindfulness Meditation with Kathleen Osea (5-minute audio)
3. Reflection & Gratitude Meditation with Kathleen Osea (8-minute audio)
4. Breathwork with Dr. Larry Turner (1-minute video)
5. Progressive Muscle Relaxation with Kelli Bosak (12-minute audio)

Chair Yoga with Darlene Blackburn

ABOUT CHAIR YOGA:

In chair yoga, poses (or asanas) are modified to be accessible to those with limited mobility but are beneficial for all levels, even seasoned yogis. For folks working at a desk with limited time to get up and move around, chair yoga offers the opportunity to receive the benefits of yoga without ever leaving your seat!

ABOUT DARLENE:

Darlene is a YogaCare Alumna ('17) certified Chair Yoga instructor, as well as a retired PE Teacher for Chicago Public Schools; infamous African Dance instructor, choreographer, and founder of the Darlene Blackburn Dance Troupe; and advocate for spreading Chair Yoga throughout the South Side.



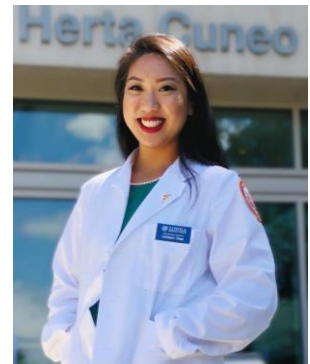
Meditation with Kathleen Osea:

ABOUT MEDITATION:

Meditation is a skill that can be practiced to help us increase our awareness and enhance our ability to pay attention to what comes up-- our thoughts, feelings, the movements of our hearts, and the sensations in our bodies. Meditation can be guided or done on your own. There are many types of meditation-- writing, guided imagery, mindfulness-- but the goal of each is to obtain a sense of clarity.

ABOUT KATHLEEN:

Kathleen is a yoga instructor, YogaCare volunteer at CommunityHealth, and third year medical student at Loyola University's Stritch School of Medicine. She's honored and excited to be your guide as you learn about and practice Meditation.



Wellness Advising & Healing Practices with Yoli Maya Yeh:

ABOUT YOLI:

Yoli Maya Yeh is a Yoga & Shiatsu Therapist (AOBTA, VYASA, Yoga for the Special Child) and an Educator in Comparative Religions and Global Studies for all ages. Yoli works at the intersection of Indigenous Preservation, Healing Arts and Social Justice through the design and implementation of experiential education-based Diversity, Dialogue, Collaboration and Community Implementation Toolkits. Raised in her family's Native American spiritual teachings, Yoli spent twelve years of her young adulthood studying language, yoga, tantra, healing arts and meditation in India and is a native of Chicago.



Breathwork with Dr. Larry Turner

ABOUT BREATHWORK:

A focused control of your breath is the beginning in gaining control of your mind. Your breath is usually balanced, that is the inhalation / exhalation ratio is the same. At times, this ratio changes as the body's needs change (i.e. yawning, exercise). Your state of mind is reflected in your breathing, even though your outward physical appearance may not be an accurate picture. While you can practice breathing at any time, try to practice before you eat or 30 minutes after eating a small meal.



ABOUT DR. TURNER:

Larry is a clinical psychologist, emergency room/psychiatric nurse, substance abuse counselor, and yoga therapist who has taught in several YogaCare programs and founded a non-profit organization dedicated to healing trauma – The Therapeutic Inventory Institute. He has worked with many groups throughout his career, including internationally during Hurricane Katrina and during the Ebola crisis.

Progressive Muscle Relaxation with Kelli Bosak

ABOUT PROGRESSIVE MUSCLE RELAXATION

Progressive Muscle Relaxation is a practice of tensing and relaxing different muscle groups in the body. This is a good relaxation exercise for those who have trouble concentrating, or having racing thoughts or other distractions in the mind.

ABOUT KELLI:

Kelli is a Behavioral Health Consultant, YogaCare's Board President, and yoga teacher at a federally qualified health center with many years of experience working in community healthcare, community yoga services, underserved medicine, including Schweitzer Fellowship in Chicago and now Oregon.



Mind-Body Medicine and Burnout Prevention

ABOUT MIND BODY MEDICINE

Mind-body medicine includes therapies that can be important bridges connecting mind to body and turn on the relaxation response! Examples include Hypnosis, Breathwork, Guided Imagery, Biofeedback, Mindfulness Meditation, Progressive Muscle Relaxation, Yoga, TaiChi, and many more. These help increase self-efficacy, sense of control, relieve burnout, and lead to optimal health

ABOUT DR. OYOLA

Dr. Sonia Oyola is a Clinical Assistant Professor of Family Medicine at the University of Chicago and board certified in Integrative Medicine. She currently sees patients at Heartland Health Centers on Chicago's north side and mentors medical students in the practice of underserved medicine. She completed Dr. Andrew Weil's fellowship at the University of Arizona Center for Integrative Medicine in 2013 and is also a certified yoga instructor through yogaview. Her clinical work emphasizes Mind-Body Medicine for underserved communities, preventing physician/student burnout, and for stress management. She is the founder of Be Alright, a 501(c)3 nonprofit organization created in 2009 that supports survivors of domestic violence and Chicago-area domestic violence.

