

YogaNursing®

Expanding Consciousness In Healthcare

Relieving Stress for Nurses and Improving Patient Care

What is YogaNursing®?

YogaNursing® is a new signature program for Nurses introducing the 'Sacred Remedy'. It is stress relief therapy for nurses for themselves and to share with their patients. A workplace wellness program that unites the *ancient* wisdom of Yoga with the science of *modern* Nursing.



What do you Learn?

The Sacred Remedy: sacred breath, sacred movement and sacred rest.

Learn Seven, ESSENTIAL seated stretches, simple breathing and relaxation techniques. This tactical program teaches Nurses practical and simple poses that anyone can do. The breathing, poses and relaxation relieves SAPS- stress, anxiety, pain and suffering. It creates health, peace and wisdom for nurses and their patients.

The YogaNursing® Sacred Remedy is proven and safe.

My presentations are lively, no one sits still for long. They are humorous and reality based. Infused with my four decades of hard earned reality of who Nurses are and what they do, I offer practical ways to integrate breathing, movement and rest into their day to relieve Stress, Anxiety, Pain and Suffering for themselves and their patients.

YogaNursing® is currently being taught at the Mayo Clinic, UNC Chapel Hill and other major University centers. It is accredited by the North Carolina Nurses Association and available as a 55 minute lunch and learn or a live or online 10 hour CNE program.

Contact me for pricing and to schedule a presentation.

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