

#### WHO WE ARE

Edinburgh Community Yoga take the therapeutic benefits of yoga to communities in Edinburgh, ensuring access and inclusion, by working across the cultural, economic and health barriers that inhibit people from taking part.

We aim to provide a learning environment that is safe and supportive, and to equip people with the skills to deal with stress, and improve their health and mental wellbeing.

We achieve this as a not-for-profit organisation by offering a range of public and corporate classes, retreats, teacher training and trauma informed outreach projects.

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#### EMOTIONAL REGULATION SKILLS FOR HEALTH AND SOCIAL CARE WORKERS

Practical skills and interactive workshop for HSCW's to reduce stress, support teams and encourage wellbeing at work

FRIDAY 21 MAY 1300-1700 £100 25% DISCOUNT FOR NHS AND THIRD SECTOR STAFF

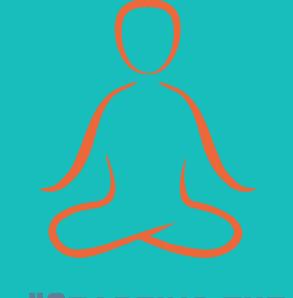


LEARN PRACTICAL TRAUMA-INFORMED TOOLS FOR STRESS REDUCTION- USEFUL FOR PATIENTS, SERVICE USERS AND STAFF

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#### UNDERSTAND THE NEUROSCIENCE OF THE STRESS RESPONSE

CULTIVATE A CULTURE OF COMPASSION AT WORK



- ICU

# 01

Chronic Stress and burnout contribute to reduced empathy, reduced patient safety and less effective teams

# 02

A stressed out brain is more likely to lack focus, concentration and the ability to think rationally

## 03

Role modelling positive behaviours around wellbeing is crucial for encouraging healthy happy teams

## 04

Body/Mind strategies including simple movement and breath-work create a bottom up change in physiology allowing greater relaxation, reduced chronic stress and a more focused mindset

