



reduce **STRESS** - Prevent CareGiver Burnout

Learn Breathing Techniques with Laurie Ellis-Young MTC, CYT

2.4 CEUs **FREE**

Oct 7 or 29 SIGN UP TODAY!

Relax ☀ Revitalize ☀ Refocus

Laurie will share powerful tools for:

- ☀ YOU, your patients & their families
- ☀ Reducing and managing stress
- ☀ Strengthening the immune system
- ☀ Achieving wellness with the least amount of effort
- ☀ Reducing computer eyestrain
- ☀ Incorporating 3 breathing techniques into your daily routine

As caregivers the capacity for empathy and kindness is the foundation for both compassionate caring and for compassion fatigue. We cannot provide the quality care we desire to offer when we ourselves are depleted. In this experiential workshop you will learn how **The ABC's of Wellness** can be integrated easily into our daily lives without adding another activity to our "To Do" lists. At the core of **The ABC's (Awareness / Balance / Connection)** is our breath. The quality of our breath both affects and reflects the quality of our lives. When we change our breath we change our physical, mental and emotional states affecting ourselves and those around us.

Date-Time: Monday Oct 7 4:00 – 6:00
Tuesday Oct 29 4:00 – 6:00

Place: Stilts Building Minnehaha Creek Room 

Sponsors: Palliative Medicine & Community Care / Park Nicollet Foundation

Registration: Lori at Home Care / Hospice 952. 993. 6737 ☀ Limited Space

Laurie Ellis-Young is an internationally recognized speaker, yoga teacher and pioneer in breath-work as an empowering and healing modality. As founding director of *Breathe The Change LLC* and *BreathLogic™*, she is realizing her vision of breath awareness and wellness practices being taught in corporations, schools, universities and medical centers around the globe.



Laurie brings to her facilitation a masters degree, various certifications in yoga and wellbeing techniques, along with over 40 years of personal practice. She is a certified SHIFT Peace Ambassador. Currently, she resides in KAUST, Saudi Arabia.

"My personal experiences with parents and friends in hospice, fills me with such respect & admiration for the loving work you do."

Laurie is collaborating with Park Nicollet on *Breath Awareness Pilot Studies* at:

- * Employee Health & Wellness
- * Brooklyn Center Clinics
- * Palliative Medicine & Community Care

Her experiential teachings include:

- * U of M Fairview Southdale Oncology
- * HCMC - Hennepin County Medical Center
- * AVERA Prairie Cancer Center, Sioux Falls SD
- * Medtronic / Delta Airlines / General Mills
- * Stanford University Student Wellness
- * University of MN Boynton Health Services

www. BreatheTheChange.com