

## **SDSLHA workshop**

**Date of Course:** Recorded Available March -April

**Length of session: 1 hr**

**Title:** Yoga and Mindfulness for our Virtual Work World

Course Description: Join Tiffany, Speech-Language Pathologist & certified 200 hr Yoga Teacher, as she guides you through mindfulness and self-care for our (virtual) work world. We'll delve into basic mindfulness routines, mantras for SLPs and AuDs, tips to staying present when you feel overwhelmed, breath work and guided relaxation and end with a 30-minute chair yoga class full of stretches you can easily do throughout your work day.

### **Learner outcomes:**

- \*State the benefits of yoga and stretching to counter frequent sitting/tech neck/computer work
- \*State the benefits of mindfulness for care-based professionals and describe strategies that can be implemented throughout the virtual work day
- \*Learn and practice yoga poses and stretches that can be implemented throughout the virtual work day

**Presenters:** Tiffany Trask

Bio: Tiffany Trask, MA, CCC-SLP & RYT200, is a Speech-Language Pathologist and certified 200 hr Yoga Teacher residing in the Black Hills. She currently practices with Dakota Speech Therapy and Connect Teletherapy ND and can be found teaching yoga at the Black Hills Yoga Studio and Elevate Performance Physical Therapy.

### **Disclosures:**

Tiffany Trask has no relevant financial or non-financial disclosures.