

SDSLHA workshop

Date of Course: October 26, 2020



The South Dakota Speech-Language-Hearing Association is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.1 ASHA CEUs. (Introductory level, Related area)

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.

Time Agenda

- 5:00-5:05 - Introduction (disclosures, learner objectives)
- 5:05-5:15 - Mindfulness routines for the SLP/AuD
- 5:15-5:25 - Breath work for the work day
- 5:25-5:55 - Virtual Chair Yoga Class
- 5:55-6:00 - Wrap up & contact information shared for questions