



Workshops for Teams and Small Groups – Yoga for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a short / micro session or micro-learning opportunity for your team (I.e. beginning of your team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (https://rise.articulate.com/share/s8ohMt_m6uH010906eca_aFPfP0ylvaE) and complete the activities to gain knowledge, experience and skill in Yoga.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present small group session.
- Share QR code for post-session feedback to participants.



Level 2 – Lead or participate in a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in Yoga and leading a workshop on the topic with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module (https://rise.articulate.com/share/s8ohMt_m6uH010906eca_aFPfP0ylvaE) and complete the activities to gain knowledge, experience and skill in Yoga.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o References document
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Yoga.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in Yoga or participation in a Yoga workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize Yoga for your team’s health promotion.
 - o **Suggested topics:** Explore other breathing exercises, chair yoga, guided meditation or other forms of yoga that would be beneficial to your team.
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Instructions – Renew Your Body: Yoga for Health Promotion

Session Description:

- This workshop is meant to encourage the acquisition of knowledge related to self-care interventions for the promotion of health using evidence-based resources and an informed facilitator.

Participants:

- Any healthcare worker

Session Materials:

Note - Facilitator will present on Yoga using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Yoga PPT, with presenter notes (Clinical)
- Renew Your Mind: Yoga Participant Handout (Clinical)
- Renew Your Mind: Yoga PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Yoga Participant Handout (Non-Clinical)

Session Outline:

1. **Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides
2. **Small group activity [Small Group Activity](#)**
 - a. Participants will be split into small groups of 3-4.
 - b. Small groups will be instructed to practice:
 - i. A Breathing Exercise – Three Part Breath
 - ii. Chair Yoga



- iii. Listening to a Guided Meditation
 - iv. Debrief the three yoga practices and which one brought you the most stress relief.
 - c. Facilitators will guide participants thru each practice
 - d. Groups will be asked to take notes on their experience and choose a group leader to share with the large group.
- 3. **Large group activity**
 - a. Each group leader will take turns presenting the conclusions from their group with the large group.
- 4. **Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. Practicing yoga exercises can improve your health and prevent the harmful effects of daily stress
 - ii. If you decide to do yoga exercises, please disclose to your healthcare provider so that they can advise on integration with your current treatment
 - iii. Do not use yoga to replace treatment prescribed by your health care team
 - c. Share and summarize group findings.