

ASTD Bay Colonies Chapter Presents

Get Fit, Stay Fit with Yoga@Work

Imagine relieving stress on the job and increasing your energy and focus without getting out of your chair. Imagine no more. Join us for a yoga sampling and learn simple strategies you can apply in your own workspace and chair. Certified yoga instructors, Barbara Van Sciver and Kathleen McKeough show you personalized breathing techniques, postures and exercises to get you through the ups and downs of the work world. Learn how these simple yoga exercises can help increase mind and body flexibility and enhance performance through focused attention and balance. Experience what many companies are bringing to the workplace with results that include improving productivity and morale while decreasing health care costs.

Imagine the most relaxing morning you've had in a long time. Make it a reality by joining us on:

Tuesday, March 13, 2007

Radisson Airport Hotel

2081 Post Road, Warwick

7:30 A.M.

Continental Breakfast & Networking

8-9 A.M.

Program

Reserve your chair at our Web site: www.baycolonies.org and for full details and directions.

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About the Presenters

BARBARA VAN SCIVER is a 200-hour certified yoga teacher and registered with Yoga Alliance. Her certification is from The Nosara Institute in Costa Rica in Interdisciplinary Hatha Yoga. Barbara brings her focus on breathing and movement to her teaching and combines it with her Reiki 1 certification in gentle assists and conditioning self-awakening yoga postures. She has practiced yoga for over 20 years and is a private yoga teacher in Rhode Island and the Bahamas.

KATHY McKEOUGH is a registered yoga teacher with the Yoga Alliance and has her 200-hour certification from Innerlight in Newport, Rhode Island. She teaches restorative, beginner, and moderate yoga classes at Innerlight Yoga Studio, and Curves. Her gentle style of teaching combined with her strong use of visualization creates a learning experience that teaches and relaxes her students to optimize their health and practice.