



YogaNurse®

The Heart of Caring:
A Professional Transformational Training
For **RNs, LPNs, CNAs & PCTs**

Annette Tersigni's Sacred Remedy Rx, includes proper breathing, gentle stretching and relaxation techniques based in ancient yoga and modern nursing, designed for caregivers and their patients, especially those recovering from illness or injury.

Offered in conjunction with Morton Plant Mease Hospital.

This program has been approved for 10 hours of continuing education by the Florida Board of Nursing Provider Number 50-1378. No credit is provided for partial attendance.

In this unique workshop, you will learn to:

- Identify clients' challenges and goals
- Acquire the fundamental knowledge and skills of Yoga Nursing
- Present the core yogic concepts of proper breathing, gentle stretching, deep relaxation, and self-inquiry to clients
- Plan, implement and evaluate a course of treatment
- Apply Yoga Nursing methodology in groups and direct client care
- Practice Holistic Yoga Nursing for yourself as a self-care tool

Saturday, March 17 - 8:30am to 4:45pm

Sunday, March 18 - 8am to 12:15pm

\$215 until March 1st - \$235 after March 1st

(Lunch is \$10 additional each day)



As a speaker, #1 best-selling author, and certified yoga teacher, Annette Tersigni, also an RN, created Yoga for Nursing to help nurses care for themselves first so they can better care for their patients. Annette has taught this program around the country, including at the Kripalu Center for Yoga and Health.

Visit her at www.yoganurse.com



Morton Plant Mease

BayCare Health System



YOGA VILLAGE

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