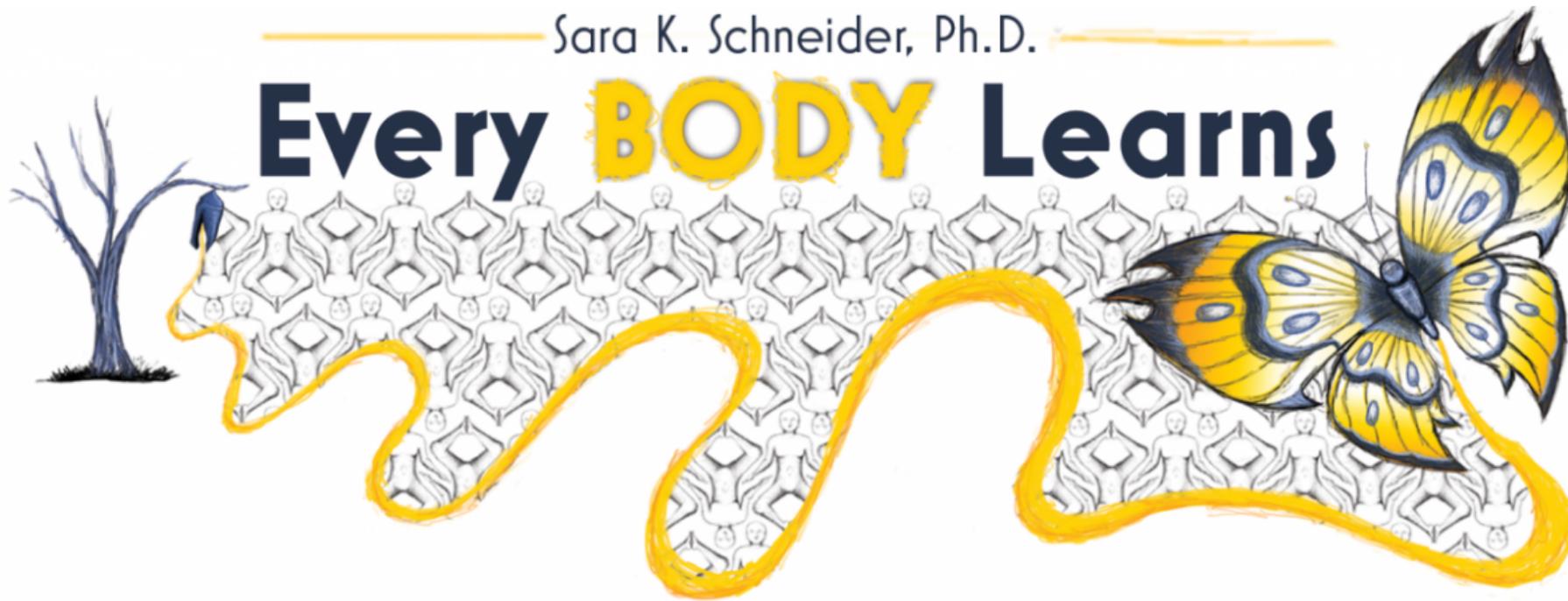


Sara K. Schneider, Ph.D.

Every **BODY** Learns



THOSE WHO TEACH, HEAL, SERVE ... NEED YOGA

Perhaps more than ever, those who work face-to-face with clients in mission-driven organizations are under undue stress as they strive to meet the needs of their clients. Care for your staff by scheduling a short-term package of yoga classes at your work site. Classes are taught by Dr. Sara K. Schneider, educator, professional development and retreat facilitator, organizational learning specialist, and certified yoga instructor.

SCHEDULED AT YOUR CONVENIENCE, A PACKAGE OF 4 TO 8 ON-SITE YOGA SESSIONS WITH SARA CAN:

- ❖ Help your staff manage the stress of the workplace—in a period of political and social polarization and reduced resources
- ❖ Re-connect staff to a sense of purpose and to your organization's mission
- ❖ Act as a powerful demonstration of your commitment to supporting staff well-being as people as well as employees
- ❖ Help you retain your best employees as they directly experience your appreciation
- ❖ Build a sense of team camaraderie

SESSIONS CAN BENEFIT:

Individual Learning

- ❖ Getting your **grounding** when too much is going on
- ❖ Finding **balance** when you're going in a thousand directions
- ❖ Being a **gentle warrior**—using your power with compassion

An Entire Team's Learning and Experience

- ❖ Falling for fun, what **risk-taking** has to do with learning
- ❖ **Inspiring** each other to greater heights
- ❖ Extending **trust** and being trustworthy

I wanted my staff to have the opportunity to take yoga and experience taking care of themselves, recharge their batteries, and nourish themselves so they can continue to have energy to guide, serve, teach, and inspire the new, often underprepared parents with whom they work. ... I unconditionally recommend Sara for teaching yoga to teachers, early childhood service providers, and nonprofit organizations that care about staff wellness. She is one of those rare people you meet in life whom you will never forget. [Go] on a yoga journey that will last forever.

The Ounce's Diana McClarien, Director of Grantee Services

WHY SARA?

- ❖ She will interview staff members about the nature of the physical, emotional, and social stresses of their work, and tailor a program to your specific work site.
- ❖ She is an experienced designer and facilitator of strategic planning and healing retreats, and creates a holistic experience for participants.
- ❖ In her role as a tenured professor of education, she has nurtured the growth of scores of working professionals in education, healthcare, the clergy, and the law.
- ❖ Sara's sense of humor, gift for language, and ability to bring individuals together into a coherent sense of group identity make her sessions about much more than exercise: they are about team-building, resilience in the workplace, and optimism.



For questions, or to schedule, contact Sara at sks@sarakschneider.com or 312.593.2345.

Inquire about trainings for client-facing professionals and restorative or strategic retreats designed to meet your organizational goals