



# Self-Care for Child Care Professionals: Part 1

Classes are a restorative focused yoga class, a restful practice that encourages you to slow down and encourages the body to relax through passive stretching. This class will encourage relaxation, decrease stress and promote a good night's sleep. When your body enters a state of relaxation, your mind can also consciously relax as tension melts away.

The only work required during a restorative yoga practice is to pay attention to your breath, become aware of any sensations or thoughts that may arise, and then gently release them. The class will start with breath work, move to gentle movements and stretching and finish in a final resting pose with breath work and meditation.

Date: October 2, 2024

Time: 6-7PM(PST)

Cost: Free CKC: PPLD

Location: 107 SW 1st st Enterprise, OR

Trainer: Brittnie King

[REGISTER  
HERE](#)

For more information please contact Lisa Pringle

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