

## F Y I

Recent **statistics** are revealing an alarming rise in the number of suicides, PTSD diagnoses, chemical dependency cases, and other health challenges amongst First Responders in the United States and Canada.

Recent **studies** are revealing that Yoga may be one of the most effective mind/body therapies to help combat those rising numbers.

Yoga 911 is a program that draws awareness to the need for self-care to this underserved population. It provides practice in a variety of yogic methods for First Responders and those who would serve them with hopes that the experience will bring lifelong benefits



VivoYoga, LLC

is owned and operated by Lisa Vivolo, a certified yoga instructor and licensed massage therapist in Ohio, who works with people of all ages and abilities to reach their goals of becoming healthier, happier people.

She created Yoga 911 after years of study and personal experience with people who suffer from chronic stress, depression, chemical dependency, and physical and emotional trauma. Lisa's creativity and sense of humor allow her to meet people right where they're at, and her attention to detail in her work has brought positive results for all those she teaches and touches.

***We were thrilled to have Lisa lead a yoga session with our cadet class and share her knowledge on the benefits of yoga for First Responders.***

***We appreciate her commitment & look forward to collaborating. We need this!***

***-Mike 'Sporty' Kilbane (CSCS)***

***Lt. Cleveland Fire***

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Follow on facebook: Yoga 911



The time has  
come...

Vivo Yoga  
presents...



**Trauma-informed,  
Resiliency Training  
April 24-26th, 2020  
2 and 3 days tracks.  
Yoga teachers earn  
CEU's with YA**

**Register online or  
Contact Lisa**

**Can First Responders respond to themselves?  
Absolutely!!**



**The time has come** to break through the stigma barriers of seeking solace and repair through outside sources. No one should have to bear the burdens of job stress and illness

**ALONE**

**Yoga 911** provides education and hands on training to First Responders and anyone who may be working in a trauma-sensitive environment. Practices are therapeutic and based on the 8 limbs of yoga as well as research.

1. Self-restraints
2. Self-observances
3. Postures
4. Breath
5. Withdrawal of the senses
6. Mindfulness/Concentration
7. Meditation
8. Bliss/Peace (Yogic sleep)

Nervous system response and balancing methods are key components covered.

**How can yoga benefit the First Responder population?**

- Increases physical and emotional balance and resiliency
- Increases joint mobility, coordination and quality of movement/flexibility
- Increases muscular strength/stability
- Improves posture and spinal alignment (while in full uniform too)
- Improves circulation and respiration
- Improves quality of sleep
- Improves concentration and focus
- Lowers blood pressure; decreases pain
- Decreases mood swings and symptoms of anxiety/stress
- Tones vagus nerve for reduction in PTSD and acute stress disorders
- Stimulates the parasympathetic nervous system (Trauma treatment goal)
- Increases energy flow and homeostasis
- Helps manage stress responses, both physical and rational (calming affect)
- Provides feelings of belonging and connection to community

**All of these mean better job performance and security**



**Who are the trainings for and why?**

**First Responders and their family** who want to gain awareness of specific job stresses/illnesses and their physiological and psychological effects as well as how to practice yoga methods, help manage 'dis'ease, and maintain job security/wellness.

**Personnel** of Police, Fire, EMS, Medical staffs who are honing their support skills and wanting to bring awareness of yoga benefits to their peers/co-workers/selves

**Yoga teachers** who want to become certified in a safe, effective system of teaching yoga to trauma-sensitive populations and gain a better understanding of their physical and emotional needs. They will instruct during training and complete extra work

**Mental health professionals** who are wanting to learn yoga practices themselves so they can better steer their clients to a path of repair and resiliency.

**Fitness professionals** who are seeking certification in a mind/body training.

**Anyone** who suffers from trauma, stress, PTSD, anxiety, depression and is seeking to better him/herself and their environment.



The time has come...