

# SELF-CARE FOR EDUCATORS: TOOLS INSIDE & OUTSIDE THE CLASSROOM



**Working in a classroom evokes moments of tension**, rigidity and stress that accumulate and interfere with your physical, mental and emotional health. As an educator you are often helping others in your life: students, coworkers, family, etc. Where do you fall on that list? Experience how making yourself a priority through better use of your body benefits both you and your students.

In this experiential workshop you will learn how to use your body more effectively throughout the day, improve your ease in and out of the classroom, reduce pain and maintain your physical acuity.

#### **We will cover how to:**

- » Foster better breathing to improve your stamina and health
- » Structurally balance your body and improve alignment to reduce daily strain
- » Stay grounded
- » Reduce stress in a practical way

**Ian Jorgensen**, a nationally certified teacher of the Alexander Technique, will lead this workshop. Ian has over 3,000 hours of training in mind/body modalities and 12 years of teaching experience. The Alexander Technique is a method that involves releasing unnecessary stress and tension in yourself, thereby uncovering your natural poise and authentic responses in teaching and daily living. Through self-work, group work, observations and explorations you will become more familiar with your body, breath, and movement so that you can positively adapt to situations moment by moment.



**Saturday, January 25, 2020**

9:00 AM – 12:00 PM

IEA Bloomington Office

<http://www.cvent.com/d/whq17x>



Questions? Please contact IEA Instructional Resource and Professional Development Director Diana Zaleski, Ph.D. at [Diana.Zaleski@ieanea.org](mailto:Diana.Zaleski@ieanea.org)



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