2018 Conference

Reclaim Nursing
Heal, Empower, and Inspire

Learning Objectives

Presentation Title: “Modeling Resiliency at the Bedside with Yoga”

Speaker(s):
• Kerry Churchill, BSN, RN, HN-BC, CYN
  Registered Nurse, Pro Case Management
• Nathania Bush, DNP, APRN, BC, CYN
  Associate Professor of Nursing, Morehead State University
• Mary Sanders, BSN, RN, CYN
  Fitness Instructor, Aerobics and Fitness Association of America

Objectives:

1. State two benefits of a personal yoga practice for nurses and how this promotes improved outcomes.
2. Briefly describe two benefits and practice a yoga breathing session.
3. Briefly describe and experience the seven essential therapeutic yoga postures in the Yoga Nursing™ model, (including basic precautions).
4. Recognize components of yoga relaxation techniques.

We are so glad you are attending this innovative KNA conference