RECLAIM NURSING: HEAL, EMPOWER, AND INSPIRE

2018 KNA Annual Conference
November 1-2, 2018
Holiday Inn Louisville East
Ignite Knowledge Sessions

(iks)
RECLAIM NURSING:

YogaNurse® Holistic Model of Care – Annette Tersigni
YogaNurse Overview

**Definition:** YogaNursing is the union of the ancient wisdom of yoga with modern nursing science.

**History:** The YogaNurse model of care was developed by Annette Tersigni, a yoga instructor and RN. The model is aligned with Watson’s Caring Science Institute.
YogaNurse Mission

To create a global army of modern nightingales (and nightinGUYs) to relieve SAPS (Stress Anxiety Pain & Suffering);

To uplift and *expand consciousness* in health care; and to create peace, health and wisdom for nurses and all whom they serve.
RECLAIM NURSING:

YogaNurse Sacred Remedy

1. Sacred Breath
2. Sacred Movement
3. Sacred Rest
YOGANURSE® SACRED MOVEMENT -- SEVEN ESSENTIAL POSTURES

1. Mountain

2. Half Moon

3. Cobra

4. Forward Bend

5. Hug the Knee

6. Spinal Twist

7) Rest

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YogaNurse® Sacred Remedy can be practiced anytime ... anywhere ... any length of time. Before, after or during shifts ... in bed or chair ... at med cart ... before entering a patient’s room ... take a break from charting, etc.

Be creative and play with the concepts! 😊
RECLAIM NURSING:

“May Love Go With You, Wherever You Go”

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