



SUPPORTED. PROTECTED. PREPARED.

IN 1 SHIFT

first responders may witness more trauma, loss, death, and destruction than the average citizen will see in a lifetime.

25-30%

of police officers have stress-based physical health problems.*

65%

of firefighters are haunted by memories of traumatic work events.*

THE NUMBERS ARE RISING

for Post Traumatic Stress among all first responder populations.*

*Sources available upon request.

YOGA FOR FIRST RESPONDERS® PROVIDES A PROACTIVE SKILLSET FOR PROCESSING STRESS, BUILDING RESILIENCE, AND ENHANCING PERFORMANCE.

WHAT IS YOGA?

Yoga is a traditional practice used to gain mastery over the psychophysiological system. It incorporates both physical and mental drills, which when practiced consistently have been shown to **release stress and trauma stored within the mind and body.**

WHY YOGA FOR FIRST RESPONDERS?

Yoga For First Responders® (YFFR) is **job specific and culturally informed.** YFFR uses mental and physical training techniques to improve resilience and strengthen the mind and body. The YFFR Protocol targets areas in the body that hold tension (low back and hip from a gun belt or SCBA, upper back from a vest, etc.) alleviating the cumulative stress that accompanies this specific line of work. **This leads to peak performance on the job and supports a thriving personal life off-duty.**

WHAT ARE PEOPLE SAYING?

"When the stakes are high, operating at peak performance increases positive outcomes for first responders. Incorporating the YFFR Protocol into a training regimen gives deputies and officers the tools to constructively process stress in real-time, and positions them to improve their recovery from job-related trauma. The YFFR Protocol is practical; it can be used in squad cars, shift briefings, or virtually anywhere peak performance is needed by first responders."

-Dustin K, Cpt. Sheriff Dept.



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YOGASHIELD.
**YOGA FOR FIRST
RESPONDERS.**

WICHITA, KANSAS INSTRUCTOR SCHOOL INFORMATION SHEET

Learn YFFR's unique and effective Protocol for yourself and how to deliver it to first responders and military personnel at our Level 2 Wichita KS Instructor School. Level 2 includes the online Foundations training and Level 1. The training will be held July 12-17, 2021 at the Wichita-Sedgwick County Law Enforcement Training Center in Wichita KS.

Use the link below to sign up for this Instructor School before the event is made public:

<https://events.eventzilla.net/e/level-1--2-instructor-school-wichita-ks-2021-2138813288?preview=1614122109187>

FOUNDATIONS TRAINING

- The original intention of yoga and what yoga is not
- Functions of the nervous system
- Neurobiology of stress and trauma
- Ingredients to Mindfulness
- The 3 Principles of Resilience
- What makes YFFR unique - Culture and Methodology

LEVEL 1: BASIC TRAINING

- First Responder cultural competency classes
- A breakdown of the YFFR protocol
- Best practices and smart teaching tools for yoga instruction
- Science of yoga as it relates to trauma
- Western and Eastern science behind YFFR protocol
- Personal and Professional Areas of Excellence Practices
- An overview of trauma-specific yoga and cognitive training techniques

LEVEL 2: ADVANCED OPERATIONS AND TACTICS

- Introduction to Tactical Skills for Law Enforcement and Fire Service
- Techniques for Optimizing Human Performance
- Breaking Down YFFR Training Curriculum for Recruit Academies and In-Service Training
- Fascia Release Techniques for Optimal Mobility
- Peak Performance Drills
- Standard Neurological Reset practices
- Practice Teaching

Visit us online at <https://www.yogaforfirstresponders.org/instructor-school>
or contact us at trainings@yogaforfirstresponders.org to learn more.

**YFFR HAS
BEEN SEEN ON:**



“ I knew that there had to be something I could do to bring myself out of the excited state of getting a call in the middle of the night from a dead sleep, but I didn't know what or how. The practice of tactical breathwork in challenging positions, along with mindful awareness from Yoga For First Responders has given me the tools to control my mind, body and breath for increased situational awareness, decreased air consumption while wearing an SCBA, and a better quality sleep after calls - all of which is imperative to thrive in this line of work.
-Dana Kellum, Texas FF/EMT