

# SUPPORTED. PROTECTED. PREPARED.



**YOGASHIELD**  
**YOGA FOR FIRST RESPONDERS™**

Provides a proactive skillset for processing stress, building resiliency and enhancing job performance.

## Why Yoga For First Responders?

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

## What are people saying?

I am so glad the department chose to offer Yoga for First Responders. After only a few weeks of YFFR classes, my mind started exhibiting tremendous focal strength like in my younger years. Now I am free from all medications, for hypertension and depression, and can focus on anything I choose.

- Don Dawson, Carlisle Fire Department, FF

Being able to practice these methodologies during yoga smoothly transitions our recruits into physical and mental control in scenario based training helping them to understand and better process what they are dealing with. Being able to return to that controlled status with ease after a traumatic event is priceless in conserving the amount of internal damage that an officer could potentially experience without yoga techniques.

- Sergeant of Training, Des Moines Regional Police Academy

It was probably one of the most challenging things physically that I've ever done. It's the real deal. It's no joke. It's just as physically demanding as lifting weights or running on the treadmill. It strengthens your core, your mind, your body.

- Matthew Peterson, Los Angeles Fire Department, FF/P

## Why Yoga?

In one tour emergency personnel may witness more trauma, loss, death, and destruction than the average citizen will see in a lifetime. It is estimated that 25 to 30 percent of police officers have stress-based physical health problems and 40 percent suffer from sleep disorders. Numbers are rising for Post Traumatic Stress among all emergency personnel; 18 percent in police officers, 10 to 37 percent in fire service, with similar numbers for EMS providers and dispatchers alike.

Yoga For First Responders provides vital emotional wellness and mental resiliency training for agencies, academies, through several training options and community-based programs.

## What is Yoga?

Yoga is a physical practice as well as a mental training system. It offers tools such as; mindful breath work, challenging physical exercise, and deep relaxation techniques, that lead to mastery over the psychophysiological system. These skills help release stored stress and trauma in the mind, body and neurological system, as well as build power and resilience.

[www.YogaForFirstResponders.org](http://www.YogaForFirstResponders.org)

Olivia Mead, Founder and Director



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## YOGASHIELD YOGA FOR FIRST RESPONDERS™

### Where to start?

- Reach out to learn more
  - [info@yogaforfirstresponders.org](mailto:info@yogaforfirstresponders.org)
- Contract in a YFFR Instructor or Ambassador
  - Academy curriculum, in-service, drop-in department class, leadership briefing, training demo, tactical skills day
- Train the Trainer
  - Send your personnel to to learn our unique approach, protocol and curriculum to bring to your
- Practice online
  - Visit our website and click on the Practice Now button

[www.YogaForFirstResponders.org](http://www.YogaForFirstResponders.org)

### Start Here:

A 12 minute video teaching basic tactical breath work. Which includes easy exercises you can practice immediately to change the nervous system and stress response. Scan this code to begin.



"I have received great feedback from the officers and dispatchers... Thank you for all you do to help law enforcement/first responders navigate this challenging career. It is always nice to have new tools in the toolbox I can use immediately."

- Pella PD, Iowa



### Interested in a training?

Contact us to schedule:  
[info@yogaforfirstresponders.org](mailto:info@yogaforfirstresponders.org)

Leadership Briefing  
Training Demo  
Inservice  
Tactical Skills  
Train the Trainer  
and more....

### Supported by and seen at:



**ILEETA**  
International Law Enforcement  
Educators and Trainers Association

[www.YogaForFirstResponders.org](http://www.YogaForFirstResponders.org)