

## Wellness for educators - Time for self<sup>[1]</sup>



13 Sep 2022 - 12:30pm to 1:30pm

**Event Website:** [Registration link](#)<sup>[2]</sup>

**Contact name:** York Region Integrated Children's Services

**Contact email:** [capacitybuilding@york.ca](mailto:capacitybuilding@york.ca)<sup>[3]</sup>

**Region:** Ontario<sup>[4]</sup>

### Details

**Mid-day wellness hour designed to help you develop simple daily practices that prevent burnout to help create a work/life balance.**

#### About this event

##### "Wellness for Educators - Time for Self"

Often ignored but totally necessary, self-care is any action or behavior that helps a person avoid health problems. Self-care also helps us better our mental and physical health through better self-esteem, stress management, and overall well-being. These behaviors help provide balance in an increasingly overstimulating world. Self-care forms an essential part of a lifestyle that keeps us healthy, happy, and more in tune with our minds and bodies.

#### About the workshop:

This mid-day wellness hour designed to help you develop simple daily practices that prevent burnout to help create a work/life balance. Each session will explore the benefits of gentle Yoga, Mindfulness, Breathing and Relaxation techniques as a self-care practice within and beyond the demands of the classroom.

These session will be offered once a month until the end of the calendar year. Check out other dates as you are required to register for each and every one of them.

#### About the Presenter:

Tanya Porter is the founder and Living Arts Director of The Inner Space, teaching classical yoga, mindfulness and meditation to both children and adults for over 25 years. She teaches for the Worry Buster Program at the Markham Stouffville Hospital, and leads workshops in private, corporate, and educational settings.

**This sessions will be facilitated online via Zoom and you will receive a link the day before the session takes place.**

For more information about this training and other professional development and training opportunities offered by York Region, please visit our [Eventbrite Page](#) or email [capacitybuilding@york.ca](mailto:capacitybuilding@york.ca)<sup>[3]</sup>.

York Region Integrated Children's Services

**Tags:** [early childhood educators](#)<sup>[5]</sup>

[health and wellness](#)<sup>[6]</sup>

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Source URL (modified on 30 Aug 2022): <https://childcarecanada.org/resources/events/22/09/wellness-educators-time-self>

#### Links

[1] <https://childcarecanada.org/resources/events/22/09/wellness-educators-time-self> [2] [https://www.eventbrite.ca/e/wellness-for-educators-time-for-self-yoga-meditation-and-mindfulness-tickets-396026474847?aff=ebdsoporgprofile&\\_gl=1%2Ak0tksx%2A\\_up%2AMQ..&gclid=CjwKCAjw6raYBhB7EiwABge5KpryB945DPsqWMWj576JKJ3XiVLmbSIsukXlcEL3-\\_Igd06uqJmNqBoC2iQQAvD\\_BwE](https://www.eventbrite.ca/e/wellness-for-educators-time-for-self-yoga-meditation-and-mindfulness-tickets-396026474847?aff=ebdsoporgprofile&_gl=1%2Ak0tksx%2A_up%2AMQ..&gclid=CjwKCAjw6raYBhB7EiwABge5KpryB945DPsqWMWj576JKJ3XiVLmbSIsukXlcEL3-_Igd06uqJmNqBoC2iQQAvD_BwE) [3] <mailto:capacitybuilding@york.ca> [4] <https://childcarecanada.org/taxonomy/term/7856> [5] <https://childcarecanada.org/taxonomy/term/9021> [6] <https://childcarecanada.org/category/tags/health-and-wellness>