

POSES WITH PROVIDENCE

SESSION 2

Ready for the understatement of the century?

The last 2 years have been hard.

Sometimes it feels like we are all just treading water, struggling to find a moment to relax, to decompress. The Providence Diversity and Well-being Committee knows we can't do everything to alleviate the stress and trauma that this pandemic has caused, but we do want to attempt to create little moments of safety, peace and calmness where you can reflect and unwind. One way we have found to do this is by creating an event called Poses with Providence.

We hope to offer this event quarterly and we had our first class virtually over Microsoft Teams on December 17. The classes are a 60-minute yoga class taught by yoga teacher and local business owner Jackie Adams. Our second session of this project will also be held virtually on March 11 at 7 p.m. Last session, as per the participants' request, the instructor focused on teaching chair stretches, back and hip stretches, and mindfulness exercises.

If you are interested in joining us for this exciting opportunity or have questions, please email brooke.chhina@providence.org and fill out the attached interest form no later than March 7.

**60-Minute Virtual Yoga Class
MARCH 11TH at 7PM**

To register, please email brooke.chhina@providence.org
your RSVP along with [this interest form](#) by 3/7.





Jackie wanted to share a little about herself:

"I began my yoga and fitness journey in 2008 in college at Central Washington University. I dove into Personal Training and teaching Group Fitness classes and found my true passion of teaching yoga. Eventually graduating with a Bachelor's Degree in Exercise Science & Nutrition, I have gone on to obtain certifications such as my 500- ERYT with Yoga Alliance, American Council on Exercise Personal Trainer & Group Fitness Instructor, and have created my own Yoga Instructor School & offering Continuing Education courses for current yoga instructors.

In 2013 I opened my first hot yoga studio in Vancouver, WA and quickly opened a second location. In 2019 I even had a Cycle + Barre Fitness Studio! My life continued to grow and change. Now married with 2 kids I knew I needed to make a change and leave studio ownership behind for the opportunity to grow and connect with people on a more personal level.

I love being able to connect with my students and watch them grow in their personal practice and learn how to use yoga for stress reduction and physical healing."

We can't wait to see all of you for our second edition of Poses with Providence on March 11th!