

Yoga for Interpreters

CEUs: 0.2 GS CEUs

Description:

Self care for interpreters addresses chronic tension patterns in the body (hands, wrist, shoulders, upper back, neck and face. Also addressed will be instruction in meditation and mindfulness for mental stress and effects of anticipation from constantly needing to focus on another. Topics addressed will include stress management, self care and body awareness.

Presenter – Stephanie Bell-Murch:

I've been teaching yoga for over 20 years as well as giving and teaching massage for 25 years. This has given me a good anatomy base. I taught for the Asheville School of Massage and Yoga for 15 years and currently teach massage and yoga at AB Tech and yoga at the YMCA. I usually teach a vinyasa (flow) style of any level. I will meet the students where they are both physically and energetically. I also have two children who continue to teach me to use the practical side of yoga.

Date: Thursday, April 20, 2023

Cost: NCRID Members - \$10
Non-Members - \$20

Time: 6:15pm - 8:15pm

Address: Black Dome Mountain Sports,
140 Tunnel Rd.
Asheville, NC 28805

Language of Presentation: Spoken English

For Accommodations: Please email the NCRID Land O' Sky Regional Rep at ncrid.landosky@gmail.com before April 6, 2023.

Target Audience: Working interpreters and students

Refund and Cancellation Policy: All refund requests **must** be made in writing; the requests should be emailed to the NCRID Land O' Sky Regional Rep at ncrid.landosky@gmail.com. A 10% administration fee will be assessed on ALL refunds. No refunds, except for medical emergencies, will be issued past April 19, 2023.

NCRID reserves the right to cancel within 30 days of the program, with a full refund to participants, due to low enrollment.

Non-discrimination Policy: NCRID is providing this workshop as an opportunity for safe, respectful learning and will not permit harassment, discrimination, or horizontal violence based on another's comments, questions, schema, race, color, religion, gender, gender expression, age, national origin, disability, marital status, sexual orientation, or any other protected class.

Continuing Education Units: NCRID is an Approved RID CMP Sponsor for Continuing Education Activities.

This **General Studies** program is offered for **0.2 CEUs** at the selected Content Knowledge Level:

Little/None Some Extensive Teaching

Registration: Register on the NCRID website [here](#).

Questions? Please email the NCRID Land O' Sky Regional Rep at ncrid.landosky@gmail.com.

