

# A Path to Wellness

# KCMN



## Stress, Burnout, and Compassion Fatigue Workshop.

Hosted by: Jenilee Rowley, Caroline  
Durham, Ayan Hassan, and Mike Millios.

April 19<sup>th</sup> 2019, 1-4 pm  
Sacred Space, 1955 Johnson St, Minneapolis  
(3 hours CLE pending)  
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# Workshop Details



## **Body and Mind (1-2:15pm)**

Mike Millios (Lawyer and Yoga Teacher) and Ayan Hassan (Nurse Practitioner and Yoga Teacher) will discuss how trauma, stress, and burnout impact our physical and mental health. We will talk about recent studies from neuroscientists, mental health professionals, and physicians. Do you want to know how our work impacts our nervous system, immune system, and digestive system?

## **Tools and Plans (2:15-3:30pm)**

Caroline Durham (Lawyer and Meditation Guide) will offer practical life tools that can help make our mental and physical health a priority. Participants will be able to gather in groups to put ideas into action. We know the impact of stress in our lives – but what can we do about it?

## **Breath and Movement (3:30-4:pm)**

Jenilee Rowley (Ramsey Public Defender Dispositional Advisor and Yoga Teacher) will teach yoga and meditation techniques that can be used at home and at work. Jenilee has been studying and implementing practices to help professionals take care of their mental and physical health. How can breathing exercises and movement help in our daily lives?

\*\*\*\*Wear comfortable clothes. Bring a mat but we have extra if you don't have one. Gentle movement and breathing exercises offered. Please RSVP at [mike@millioslaw.com](mailto:mike@millioslaw.com) or [connect@karunacmn.com](mailto:connect@karunacmn.com) \*\*\*\*