

Interpreter TLC

Presented in ASL or English

2-4 hours, or can be broken up into two to four 1-1.5 hour sessions

Your body needs love too!! Come learn a yoga and stretching sequence designed for sign language interpreters and new techniques for caring for your muscles and joints, all while getting some relaxation and TLC.

Wear comfy clothes!! If you have them, bring:

- a mat or towel
- a spoon (yes, a spoon! Preferably metal or wood)
- a foam roller
- a tennis or lacrosse ball

Educational Objectives

Participants will:

- Learn 3 key techniques for self-care of muscles and joints
- Learn a basic yoga sequence
- Experience less muscle tension and deeper relaxation.