

## AN INTRODUCTION FOR MINDFULNESS AND YOGA BY BEATRICE BACHLEDA

**September 5, 2020**

AM Session: 9:30-11:30

GMM: 11:00-1:00

PM Session: 1:30-3:00

Via Zoom

**FREE to all!** ARID members have top  
priority until September 1.



Beatrice, a certified Deaf yoga instructor, breaks down the most common concepts, poses, and vocabulary in yoga practices to provide interpreters with a greater understanding of yoga. By understanding the practice, interpreters will be better able to interpret with clarity and confidence. Yoga, mindfulness, and meditation can provide us with tools we need to handle those stressful moments and calm ourselves mentally, physically, and emotionally.

There are many ways to practice yoga and mindfulness; come learn a few and find what works best for you.

Expand your knowledge!

- Gain an understanding of vocabulary and philosophy concepts used in most yoga classes
- Analyze the interpretation of abstract yoga concepts in various situations and applications
- Practice interpreter-specific yoga poses that will relieve muscles and common stressors
- Gain experience of the physical and mental benefits of yoga and mindfulness
- Test different applications of yoga and mindfulness exercises

Co-Sponsored by UA Partners-  
C3 (Cultivating Community Capacity) and  
ARID.

.35 CEUS will be offered.



## Registration Form

Name:

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Interpreter Services:    Yes    No

Are you: \_\_\_\_\_ Current Member    \_\_\_\_\_ Student Member    \_\_\_\_\_ Want to become a member

**If you are not a current ARID member and would like to become one, you can register at:**

<http://arkansasrid.org>

### **Workshop Information at a glance:**

(Keep for your records)

Who: Beatrice Bachleda

What: An Introduction For Mindfulness and Yoga

When: September 5, 2020, 9:30 AM - 11:30 AM & 1:30 PM - 3:00 PM

Where: Zoom

ARID is an approved sponsor for Continuing Education Activities under the CMP and ACET. This program is offered for a total of .35 RID CEUs in Professional Studies with Content Knowledge at Little to None. Target audience is certified and pre-certified interpreters. Other Licensed/Provisional Licensed interpreters may earn 3.5 hours of CEUs. Interpreters will be provided upon request and should be requested two weeks in advance. ARID has a no discrimination policy and expects all participants to feel welcome. ARID holds a no refund policy.