YOGA & MINDFULNESS

A POWERFUL APPROACH FOR **WELLNESS**

RESEARCH VALIDATING THE EFFECTIVENESS OF YOGA AND MINDFULNESS **INCREASES EVERY YEAR.**

REDUCES

- Psychological and physiological stress
- Emotional distress
- Burnout
- Clinical errors

IMPROVES

- Empathy
- Job satisfaction
- Clinical outcomes and assessment skills
- and an overall sense of well-being

SOURCES © THE WELLNESS FOR WARRIORS IN HEALTHCARE PROGRAM

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