



**YOGASHIELD®**  
**YOGA FOR FIRST  
RESPONDERS®**

# INSTRUCTOR SCHOOL

- 50-hour in-person intensive training
- Additional online training
- Learn yoga that is job-specific & culturally-informed
- Adopt mindfulness science & proactive stress resilience
- Teach at your own department or for others
- Ongoing support from YFFR
- No experience necessary

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**Blue Springs, MO,**

**April 7-11, 2025**



**Get more info & register now:**

[https://www.yogafirstresponders.org/event-  
details/instructor-school-blue-springs-mo](https://www.yogafirstresponders.org/event-details/instructor-school-blue-springs-mo)

