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OFFICE OF
**HEALTH
EMERGENCY
MANAGEMENT**



Yoga and Meditation Classes to Be Offered to First Responders

The technology of Yoga and Meditation is being offered for the first time to help First Responders maintain resiliency and endurance. The New Mexico Office of Health Emergency Management is providing the classes through Create Inner Peace and Resiliency of Española. In this landmark project pioneered by the State of New Mexico, First Responders can attend FREE classes in four New Mexico cities: Espanola, Santa Fe, Albuquerque, and Taos. The results of recent studies and increasing requirements for first responders indicate that there is a need to give them better resources and technology to help them mitigate the effects and reduce their susceptibility to falling victim to Critical Incident Stress, according to the Center for Disease Control's National Institute for Occupational Safety and Health. Gurumeet Kaur Khalsa, Executive Director of Create Inner Peace, says that millions are finding yoga and meditation to be effective tools for increasing resiliency and managing recovery from high stress/high pressure incidents. First Responders will receive up to 12 Continuing Education credits for completing all sessions of the six-week course (Reviewed and Approved by the New Mexico EMS Bureau for Continuing Education).

Introductory Seminars are being offered in four cities:

Espanola at Yoga Southwest, Tuesday October 17th – 9:30 to 11:30 a.m.

Santa Fe at the Shakti Center, Wednesday, October 18th – 9:30 to 11:30 a.m.

Albuquerque at the ClubHouse Inn, Thursday, October 19th – 9:00 to 11:00 a.m.

Taos at the Kachina Lodge, Tuesday, October 24th – 9:00 to 11:00 a.m.

This program was developed by Bibiji Inderjit Kaur, PhD, to honor the selfless service of First Responders in our society and is based on the technology of Kundalini Yoga as taught by Yogi Bhajan, PhD (1929-2004).

First Responders can visit www.nmsphere.org or www.createinnerpeace.com or call (505) 753-6866 for more information, including dates and locations of the six week courses,

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