

Resilience ... is different than endurance.

2 public evening courses at Langara College

***NEXT ONE STARTS Jan 22nd**

Activism for the Long Haul:

Sustaining the Activist

4 Tuesdays, Jan 22 - Feb 11th 6:30-9:00pm

Resilience is the ability to stay well in the face of adversity. Resilient activists communicate and think more clearly and problem-solve creatively under pressure. This introductory course combines theory about the brain and body's natural reactions to conflict and stress with hands-on and mindful learning. You will practice physical techniques to use right in the thick of things, easing the impact on your body and increasing the effectiveness of your activist work.

\$195 (CRN: 70248)



Setting Healthy Limits

6 Tuesdays, Feb 19th - Mar 26th, 6:30-9:00pm

Although we are born with internal feedback systems to set healthy limits, these mechanisms often become muted. When we understand how the brain and body naturally respond to sudden and ongoing stressors and learn how to keep *our bodies* feeling safe, we can set healthy limits more comfortably. This ability improves our own health as well as our relationships with others.

Participants learn:

- To recognize their body's early signals of feeling stretched.
- To strengthen their ability to set healthy limits without alienating others or compromising themselves.

\$225 (CRN: 70633)

Instructor Bio

Shayna Hornstein has been a registered physical therapist in British Columbia since 1981 and works with people with chronic pain. For twenty years, she has also provided training for organizations wanting to reduce the impact that stress has on the morale, safety and effectiveness of the people who work there. She studied with the Sensorimotor Psychotherapy Institute of Boulder, Colorado and has a certificate for the Treatment of Trauma and the Body.

Shayna's practical and refreshing courses draw on studies of neuroplasticity and the brain and the body under stress. You will leave each class with specific physical tools that you can practice in your daily life.

For more information about Shayna's work see www.shaynahornstein.net

REGISTER

Register by phone 604.323.5322

Or register in person at the Continuing Studies registration desk on the Langara campus.

If cost is an issue, please contact Leslie Kemp at lkemp@langara.bc.ca or 604.323.5981

MORE INFORMATION

www.langara.bc.ca/continuing-studies

These courses are part of a much broader Sustainable Communities Program

Langara.

THE COLLEGE OF HIGHER LEARNING.