**VOICE + YOGA**

Abstract: Do your patients meaningfully implement therapy goals in daily life? If not, bridging the connection between mind, body, and voice will help to improve functional therapeutic outcomes. In this session, you will learn how incorporating mindfulness, breathing, and gentle yoga will increase patients’ cognitive and proprioceptive awareness abilities for real life application.

I  Managing the Stress Response

II  Yoga = Union

III  Mindfulness

IV  Meditation

V  Body Alignment

VI  Muscle Relaxation

VII  Therapeutic Breathing Exercises

VIII  Chair Yoga Sequence