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AGORA

# FROM BURNOUT TO RESILIENCE

Emma Watkins

The workshop for those near their edge.



# RECOVERY

# RESILIENCE

**This workshop can be applicable to all but is targeted at those nearing or beyond their “edge”.**

## **Format:**

1 hour talk + 1 hour yoga

## **Content**

### **Talk**

- The science behind stress
- The reality of Burnout, the symptoms, and the causes
- The importance of “maintaining well”
- How to turn pain into gain

### **Yoga**

A combination of hatha + yin + restorative + breathwork to provide individuals with a sequence they can use to ground, rest, restore and strengthen.

Click [here](#) to read an article I have written on the powerful benefits of yoga.

www.agora-london.com

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