



# Wellness Wednesdays



## In the Spotlight

In keeping with this month's theme of Giving back to yourself!! We are thrilled to share this week's Wellness Wednesday activity. Erin Western is a 3<sup>rd</sup> grade teacher at North Windham, who has graciously volunteered to share her expertise in the areas of Yoga and Meditation. We are featuring Erin in this

Erin Westerman



[Click here to watch videos](#)

Spotlight Edition with a video link (click under her picture to the left) showing you some mindfulness strategies that can be added to a busy workday whether at home or in the classroom. Thank you Erin, for sharing your talents and providing us with this week's Wellness Wednesday activity. ***If you would like to share your talents and ideas, please email us at [WellnessWednesdays@windham.k12.ct.us](mailto:WellnessWednesdays@windham.k12.ct.us).***

### Benefits of Yoga and Meditation:

- Helps to manage stress, which is known to have devastating effects on the body and mind.
- Effective in developing coping skills and reaching a more positive outlook on life.
- Can help improve a person's mental well-being.
- Creates mental clarity and calmness
- Increases body awareness
- Relaxes the mind
- Centers attention
- Sharpens concentration increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy, and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

*\*Courtesy of The American Orthopedic Association*

**Erin's Bio:** Erin Westerman is a 200hr certified yoga instructor and elementary school teacher. Although she practiced yoga on and off for a few years, Erin fell in love with HOT yoga while trying to cope with the stress and anxiety of working full time and attending graduate school. She loved it so much that she trained to be a yoga instructor focusing on hot power vinyasa.

As a dual language teacher, Erin enjoys sharing her practice with yogis of all ages and levels in both English and Spanish. She encourages others to use yoga as a tool for mind-body connection, stress-management, and cultivating compassion for the self and for others. Erin is passionate about helping people and making yoga accessible to all humans. She firmly believes that everyone can practice yoga in a way that enhances their lives; she is constantly finding new styles of yoga to fall in love with. Erin shares yoga, wellness, and travel tips on her social media and through her blog at [thewanderess.net](http://thewanderess.net)