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Positivity and Relaxation Training (PART)

Feeling stretched thin and running on empty?
Wish you could quiet your mind and actually rest?
Ready to trade burnout for a calmer, more positive you?

Flywheel Resilience is proud to offer Positivity and Relaxation Training (PART) for individuals. This program can help you develop a self-care routine to manage stress, improve outlook, reduce burnout and enhance quality of life.

Participants will learn how to...

Recognize personal responses to stress
Elicit the relaxation response through meditation
Adapt negative thought and emotion patterns to positive perspectives
Improve sleep, eating and movement techniques
Harness creativity, humor and appreciation to cultivate positivity and wellbeing

During sessions you will practice meditation, breathing techniques, mindful movement through chair yoga and tai chi, and much more.

PART workshop packages for nonprofits, educators, and law enforcement/first responders are offered for $495 and include:

- 9 weekly virtual 90-minute sessions
- 60-minute follow up session
- PART manual and bonus meditation practices

Sessions will be conducted weekday evenings or weekends (day and time to be agreed upon with participant). Contact Tara Jones to learn more.

PART IS A COPYRIGHTED CURRICULUM DEVELOPED BY THE BENSON-HENRY INSTITUTE FOR MIND BODY MEDICINE (BHI) AT MASSACHUSETTS GENERAL HOSPITAL.

WORKSHOPS ARE LED BY TARA JONES. SHE IS A CERTIFIED PART TRAINER AND HARVARD CME GUEST FACULTY ON THE SUBJECT. SHE HOLDS CERTIFICATIONS IN PERSONAL TRAINING, YOGA, AND OTHER STRESS AND RESILIENCE MODELS. SHE HAS PROVIDED PART FOR NONPROFITS, PRIVATE SECTOR, ADDICTIVE DISEASE RECOVERY PATIENTS, AND FIRST RESPONDERS.

FLYWHEEL RESILIENCE, LLC