



www.flywheelresilience.com

tara@flywheelresilience.com

912-658-9145

Positivity and Relaxation Training (PART)

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

Participants will learn how to...

Recognize personal responses to stress

Elicit the relaxation response through medication

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 workshops are delivered in 9 weekly 90-minute sessions. Alternatives like daily workshops, 4 3-hour sessions, and corporate retreats are available to meet your schedule needs. Virtual and in-person options are available for individuals and groups.

Workshops are led by Tara Jones. She is a certified PART trainer and Harvard CME guest faculty on the subject. Tara also 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.

Special pricing is available for nonprofits, educators, and first responders. Additional mindful movement and meditation sessions can be added. Contact Tara Jones at Flywheel Resilience to learn more.



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