



Mindfulness Trainings

Virtual or In-Person with FireFlex Founder Shannon McQuaide

Deliver mindfulness trainings for your team to learn practical tools to reduce stress & increase wellness with data-backed practices.



Grounded Amidst Chaos: Learning & Practicing Mindfulness

(3) 60-minute interactive lectures created for Municipalities



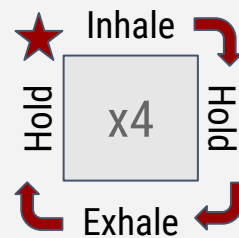
Recharge & Refocus: Art & Science of Mindfulness

(9) 60-minute interactive lectures created for First Responders

Contact Shannon@FireFlexYoga.com to create a customized series for your team

Mindful Practice: “Box Breathing”

Inhale for four seconds, hold for four seconds, exhale for four, hold for four. Repeat 4 minutes.



@fireflexyoga



Shannon McQuaide



Conscious Warrior



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