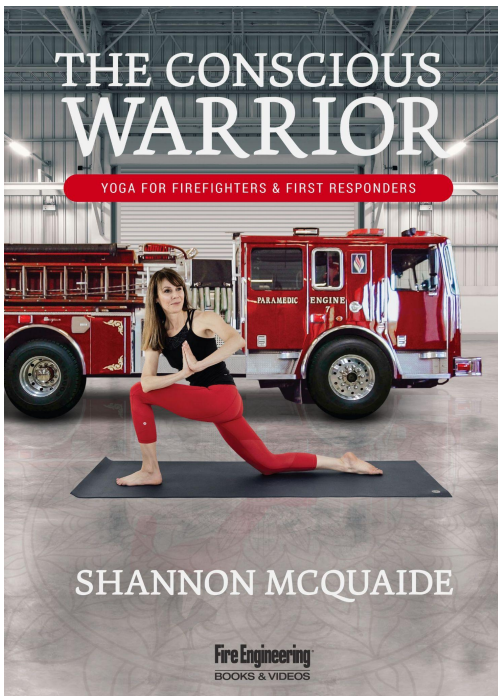


FireFlex Yoga & Fire Engineering Books present:



The Conscious Warrior: Yoga for Firefighters & First Responders

is the true story of a firefighter's daughter who followed her own path only to return full circle to the firehouse to fulfill an important mission: to deliver yoga classes to firefighters in a manner that understands and supports their warrior culture. Author Shannon McQuaide makes a compelling case for why first responders need yoga and how greatly they will benefit from developing a Conscious Warrior culture.

“Providing our nation’s heroes with innovative wellness support is precisely what FireFlex Yoga is committed to achieving on a large scale, to support and equip as many first responders as possible with tools and resources to improve their lives and strengthen their wellness. Because the trauma of the job is foreseeable and the risks are known, these are predictable outcomes. Therefore, we must be relentlessly proactive in providing the most innovative and high-quality wellness tools, resources, and programs for firefighters.” Foreword by Lexipol’s Dr. David Black

The book includes the scientific data to support the urgent call for agencies to invest in wellness programs like FireFlex Yoga. It also includes step-by-step instructions for first responders to learn yoga postures and breathing techniques that are proven to mitigate injury, reduce stress, and encourage more restful sleep.

Shannon’s book tackles two questions:

1. How can yoga work as a targeted functional fitness routine to deliver improved movement awareness and prevent a career wracked with injury and pain?
2. How can yoga and mindfulness practices work as a mental fitness practice to help first responders train their brains to manage stress and traumatic injury and promote improved mind-body resilience?

“We can’t expect first responders to see the level of human tragedy and violence day in and day out without some long-term consequences. They need a framework to process their experiences, one that is tangible and not solely based on faith or a particular belief system. They need a framework that is tactical, visceral, and scientific. This is why yoga belongs in the firehouse.” (*The Conscious Warrior*, page 73)

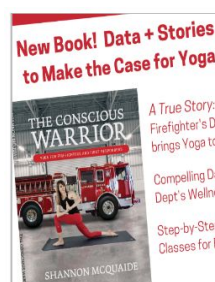
First Responders: you’re invited to schedule a call with Shannon to discuss how FireFlex can support your agency with [in-person training workshops](#), [virtual mindfulness series](#), and [functional yoga class video packages](#).

For more information, call (831) 431-0850, or email Shannon@FireFlexYoga.com.

The Conscious Warrior: Yoga for Firefighters & First Responders is available on [amazon.com](https://www.amazon.com).



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