

Post-Conference Workshops - Sunday, March 19, 2017

Half-Day-Workshops

19.7	<p>SPONSORED BY MERRITHEW™: PJ O'Clair & Meredith Stevens</p>	<p>Mindfulness, Interoception and the Relevance to Sports Performance</p>
<p>Athletes, both recreational and professional are driven to optimize performance. In the field of sports psychology, mindfulness practices have been shown to help athletes constructively deal with anxiety and negative thoughts and emotions all while improving performance. Additionally, mindfulness breathing techniques have been shown to improve pain tolerance, attention span, inflammatory markers and self acceptance.</p> <p>This workshop will discuss recent research in mindfulness based training and its impact on the brain structures and pathways of interoception, as well as sports performance. Practical applications derived from mindfulness based breathing practices will be introduced utilizing props in creative ways that are easy to teach and apply to a diverse population of athletes and clients. The techniques presented are designed to stimulate exteroception/ proprioception and interoception and may be used in both training and rehabilitation settings. The workshop aims to bridge the gap between research and practical application of mind-body practices.</p>		
<p>Participants bring the following equipment with them: Yoga or Workout mats and/or blankets</p>		