

## Course Descriptions:

### Yoga for Tactical Operators

TACYoga is specifically designed for tactical operators and those officers who are already highly physically fit and body aware. Years of physically and mentally intense activity and assignments along with long or frequent periods of time away from family and friends can wreck havoc on the body, mind and spirit. TACYoga is perfectly designed for high performing individuals to enhance current tactical training and improve or sustain performance, prevent or rehabilitate injuries as well as increase mental clarity to better deal with the stress and demands of the job.

**Training Format:** PoliceSpirit experts and partners will work with your tactical team to design a specific program based on your team's current training program, schedule and sustainability needs. Contact PoliceSpirit for information.

### Yoga for Mind/Body/Soul Preservation

Yoga was never meant to be the modern version we see today in studios and gyms all around the U.S. Although its complete history is not clear, its origins were based in a philosophy of life primarily focusing on mental and spiritual aspects rooted in the practice of living with integrity and fighting for what is right. MBSYoga increases strength, flexibility/mobility and balance in tandem with breath and stillness of mind which, in turn, creates a law enforcement officer of physical prowess, calmness, mindfulness and keen self-awareness. MBSYoga is designed for your department or agency's specific population and needs.

**Training Format:** PoliceSpirit experts and partners will work with your agency to design a specific program based on your current training program, schedule and sustainability needs. Contact PoliceSpirit for information.

### Functional Fitness

Years of alternating between high intensity training or activity and long periods of sitting in a patrol car or behind a desk can lead to chronic pain in or frequent acute injuries of the back, hips, shoulders and knees. Most law enforcement physical training heavily focuses on running and weight lifting working. Over time, this narrowly focused training often leads to overuse injuries and loss of mobility/flexibility. Functional fitness trains and prepares an officer to better perform real life activities by simulating the very moves required in the law enforcement profession and everyday life. Functional movement is training the body to move multi-directionally and use multiple joints and muscles at the same time to build overall strength, balance/coordination, power, range of motion and flexibility/mobility.

**Training Format:** PoliceSpirit experts and partners will work with your agency to design a specific program based on your current training program, schedule and sustainability needs. Contact PoliceSpirit for information.

## **Mindfulness for Law Enforcement**

PoliceSpirit collaborates with the Mindful Badge Initiative which offers Mindfulness-Based Resiliency Training (MBRT) specifically for the law enforcement community. As Mindful Badge states, “Mindfulness skills training cultivates and sustains resilience and fosters civility among police officers and professional staff within a police agency. Mindfulness changes the conversation and the experience around occupational stress and trauma. In short, this is Trauma Informed Resiliency. Training mindfulness is a preventative measure that equips police officers to perform through occupational trauma with greater capacity for awareness (self and situational), cognitive performance, and humanity (compassion, empathy, non-judgement).”

**Training Format:** Several options are available to meet your agency’s specific needs. Contact PoliceSpirit for information.

## **Heart Rate Variability (HRV)**

PoliceSpirit collaborates with Human Ventures Group to provide classroom and practical training in HRV. HRV is a very important measure of heart health and the body’s ability to react under stress and improve human performance. According to John C. Higgins, MD, and a sports cardiologist at McGovern Medical School at the University of Texas Health Science Center at Houston, “Variability refers to your heart beat's ability to shift throughout the day. Your heart rate is not meant to stay the same speed at all times; it changes depending on your activity and emotions. “Think about your lowest heart rate and fastest heart rate. The difference between those is a reflection of your heart rate variability.”

**Training Format:** Several options are available to meet your agency’s specific needs. Contact PoliceSpirit for information.