



**Attention:**  
**Locals Guide Editor**  
**Press Release**

**Self-Care for Caregivers, A Free Online Workshop with Charlotte Nuessle, C-IAYT**

Friday, Aug. 14th, 2020, 9 am - 10 am, PST

**Plus!** Free FB Event on Monday, August 10, 2020, 12 pm PST: [Yoga Therapy to Melt our Heart's Burdens](#)

Caregiving is one of the most sacred experiences we share with each other. It brings with it unexpected emotions and challenges - and profound love and tenderness. Understanding how our own nervous system responds to signals of stress and danger, helps us make choices in how to respond. As we care for ourselves with kindness, we can embody that in our care for loved ones and clients.

In this talk, learn 3 simple tips that help shift our system toward balance. Gain insights about how to turn moments of stress into opportunities to show yourself care, everyday.

This is presented as part of *Yoga Therapy: Beyond the Studio* Summit, a free event hosted by the Global Yoga Therapy Day. The summit runs across a 24 hour period with over 40 presenters. [Register here to attend the free summit.](#) Or register at <https://charlottenuessle.com>

Register to enjoy complimentary access to both the public presentations and the professional stream. Enjoy keynotes, panel discussions, and commentary on a diverse range of topics central to health and wellbeing, and how yoga therapists are taking yoga therapy beyond the studio environment.

Charlotte has consulted for over 28 years, adapting yoga practices for resilience, tools of breath, and centering to rewire the brain and steady attention. She's passionate about how to reshape the body's stress system response, grow beyond old patterns of stress, and strengthen inner resources for a fulfilled life. For more information please contact Charlotte Nuessle, charlotte@charlottenuessle.com.

#GlobalYogaTherapyDay, #GiveBackYoga, #YogaTherapy, #GYTD2020

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