
Plymouth Chiropractor Brings Chair Yoga to Wayzata Schools

AUGUST 10, 2009: Doctor Lori Goodsell is in the process of developing programs with the Wayzata School district to bring Chair Yoga to Wayzata teachers. The workshops will take place at various schools throughout the 2009-2010 school year.

Oakwood School hosted Dr. Lori Goodsell during spring 2009 conferences to provide chair massage to the teachers. Long and stressful days make proper desk ergonomics and stretching vital to teachers feeling great at the end of the school day. Though teachers spend most of the day standing, they are regularly leaning over students and their desks to help them with school work. After school activities including grading paperwork and entering grades in to their computers also take a toll on teacher's posture over time. Chair yoga is a perfect way to combat the negative effects present throughout the work day.

Dr. Goodsell is a trained yoga instructor and experienced teacher. She has combined her extensive knowledge of the spine and posture with her experience as a hot yoga instructor to develop a 30 minute workshop that addresses the negative effects of stress on the body. This valuable workshop has been presented at General Mills several times as well as Sauer-Danfoss.

As part of the workshop, teachers will have the opportunity to be individually rated on the effects of stress in their bodies, including proper head posture, stability of the upper back, lumbar spine and hip flexibility.

For more information call Dr. Lori Goodsell at 763-553-0387.