Yoga for Interpreters

Interpreting combines mental and physical demands that are often overlooked. In order to have longevity in the field, ASL-English interpreters must take care of their mind and body early on and have tools to reduce vicarious trauma and cumulative stress. A regular practice of yoga brings flexibility and strength, cultivates equanimity and increases your ability to concentrate (essential to interpreting).

Designed specifically for interpreters, this workshop will teach you a sequence of poses to perform daily at home or on the job that will help prevent strain and injury caused by interpreting. You’ll focus on postures that bring flexibility to the neck and shoulders and help prevent repetitive injury to the shoulders, elbows and wrists.

Wear comfortable clothing that is not too loose (footless tights or shorts) and bring a thin yoga "sticky" mat (a thick exercise mat is not appropriate). All fitness levels are welcome. Inform the teacher of any medical conditions or recent injuries prior to the workshop.

For: ASL-English Interpretation Program Students & working interpreters

Jennifer Kagan is a certified Iyengar Yoga Teacher and RID certified interpreter. She has worked as an interpreter for more than 10 years and studies yoga regularly at the Iyengar Institute of NY. She also travels to India to study directly with the Iyengar family. Ms. Kagan has personally experienced the benefits of yoga in her interpreting work and is thrilled to be able to bring some of this knowledge to her colleagues and those new to the field.

Date: Friday, March 19, 2010
Time: 5—7pm
Location: Interpreting Lab,C-244
To register, contact Ashley Graham: 718.482.5313 or