

LH Connect*

Heart Month wind-down: learn CPR, save a life!

Inspired by Laurie Davis' story shared in the January *LH Connect Supplement*, Lee & Hayes is hosting a hands-only CPR training on Friday, February 23 (See Denise Foster's 2/23 calendar invite for training access).

Resources have been provided to each site, so join the noon-1:00 PST training and learn the same tools that Laurie used to help save a person suffering from cardiac arrest!

Click the image to see a funny CPR training video!



**February 23 12:00 - 1:00 PST
hands only CPR training!**

Yoga creates sea change for one L&H employee

A little before the holidays this past year, Trademark Paralegal, Kari Gondry, volunteered to join a wellness initiative spearheaded by the Spokane office; 45 days of yoga. While many signed up, few were as dedicated over those 45 days as Kari. Attending most of the 45 days attributed to a transformation for Kari that was more than physical. "I've taken away so much from practicing yoga," said Kari. "Not only have I noticed a physical strength and focus I didn't know I had, I realize how much more clear and relaxed I feel after a session."

"I was really ready to dive deep into focusing on my health. Once I tried yoga, I knew it was going to work for me. I have completely changed my body, my mind, and my dedication to being a more fit and health-conscious person."

Kari Gondry, Trademark Paralegal

If you have ever tried a basic yoga class, you know that it requires a fair amount of flexibility and strength which, ultimately, improves in time and with practice. What Kari has undertaken brings that challenge up a notch or ten, by incorporating heat into her practice. 'Hot Yoga' involves heating the room anywhere from 80 to 109 degrees fahrenheit; the theory being that the heat further loosens muscles, allowing for a deeper stretch, and cleanses the body from toxins through excessive perspiration. "I love hot yoga because no one there cares about what anyone else is doing. There are people of every age, shape and size...and you just focus on you. Zero competition, but plenty of inspiration," said Kari.

Kari has continued to attend classes 5 days a week at 6:00 a.m.! "A great way to start the day, once you get past the excessive

sweating! I hate working out and I can't believe how much I like this and am committed to it. I feel like it makes my brain work better all day long. I am definitely stronger and more flexible, and can even do Toe Stand now, almost (I can't lift my hands yet, but close)!"

If you would like more resources about the different variations of yoga that might best suit you, visit the website of the studio that Kari attends and was the site of the Spokane office's 45 day initiative, yarrowyoga.com! Many yoga resources are available online and in your city, so do your research and find out which style is best for you!

