

THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

THE ALBERT
SCHWEITZER
FELLOWSHIP®
*Addressing Health Disparities
by Developing Leaders in Service*

Yoga with Women in Therapeutic Residential Facilities

The Project

This project was designed to address the impact of trauma in Southeastern Ohio through a series of yoga classes for women that are living with addiction and/or mental illness. The program aims to improve well-being across several realms by improving physical health, providing stress management skills, building community, and making coping mechanisms available for crisis through acceptance and non-judgment. These classes can assist participants in healing, and compliment existing therapeutic treatment.

Goals

Offer weekly yoga classes to individuals that may not have access otherwise.

Use yoga as:

- A component of therapy, build yoga into billable services.
- A means to increase well-being through gaining control and reducing anxiety.



Potential Benefits of Yoga

- Decrease anxiety
- Improve internal locus of control
- Improving physical health including strength, flexibility, and stamina
- Increasing body awareness
- Providing stress management skills
- Increasing focus
- Cultivating positive emotions
- Increasing pro-social behaviors
- Increase mindfulness skills

Partnerships

Eve Incorporated - Marietta, Ohio

EVE is a non-profit organization, founded in 1979, that provides to aid victims of domestic violence and sexual assault.

My Sister's Place- Athens, Ohio

MSP, founded in 1977, provides a safe respite for victims of interpersonal violence and their children. MSP provides not only emergency shelter, but outreach programming and batterer intervention services as well.



Impact

“Yoga felt awesome! It felt great physically to stretch and bend. It felt very relaxing mentally, being able to inhale and exhale at key times. Thank you for a great experience.”

“Yoga made me feel great. Great opportunity to have done yoga.”

“Yoga and mindfulness helped me learn new ways to deal with stress, anger, and negative emotion as well as tools to help with physical pain. I practice coping with stress through breathing techniques, thinking mindfully about my actions, and staying positive. I deal with physical pain better through stretches as well as healthy distractions.”

Erin McCloskey

The Gladys W. and David H.
Patton College of Education



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

2015-2016 Albert Schweitzer Fellow