

**12**  
AUGUST  
2025

TRAINING FEE  
**PKR  
20,000**  
PER PARTICIPANT  
EXCL. TAX

TIMINGS  
9:00 AM - 5:00 PM



# STRETCH TO UNSTRESS

## A Stress Management Workshop

This workshop empowers participants to release physical and mental tension by integrating stress-relief techniques, mindful stretching, and breathing exercises, fostering a deeper connection between body and mind, reducing stress, and enhancing overall wellbeing and resilience.



TRAINING MANAGER:

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# STRETCH TO UNSTRESS – A STRESS MANAGEMENT WORKSHOP



## CONTENTS:

### UNDERSTANDING STRESS:

- Stress and its impact on body and mind.
- Science behind stress: Physiological and psychological mechanisms.

### IDENTIFYING STRESSORS:

- Internal vs external stressors.
- How stress affects physical and mental health.
- The vicious cycle of stress and how to break it.

### BUILDING RESILIENCE & MENTAL TOOLS:

- Developing self-control through mindfulness.
- Reframing stressful thoughts using cognitive-behavioral techniques.
- Lifestyle changes

### RELAXATION YOGA TECHNIQUES:

- Breathing exercises for instant relaxation
- Physical and mental unwinding: Progressive muscle relaxation and body scans.
- Introduction to mindful stretching and its benefits.
- Guided practice home-friendly stretching routines.

### ACTION PLANNING AND CLOSING:

- Designing a personal action plan for stress management.

## DRESS FOR STRETCH: YOGA SESSION ESSENTIALS



Since participants will practice different yoga exercises in a session, it is recommended to wear comfortable, casual clothing suitable for body stretching (No shorts Allowed). Yoga mats will also be available in classroom.

## FACILITATOR

**Ms. Uroosa Mohsin** is a certified Master Trainer of NLP (NFNLP-USA) and a Hypnotherapist (NGH-USA). In addition, she is a Yoga Trainer and an Emotional Intelligence & a Neuroscience Coach with over 10 years of experience. She brings a wealth of experience in coaching and training people from diverse fields, empowering them to unlock their potential and achieve meaningful personal and professional growth.



As the Founder and CEO of MINDEMY, a Mind Training Academy, Uroosa leads transformative workshops and coaching programs. She is also a regular guest expert on National TV channels, widely recognized for her contributions to the field of human development and mind sciences.

