

# Workshop Leaders



## 3:16 Yoga...for Life

Yoga sessions will be lead by Jan Jones, owner of 3:16 Yoga, a Colorado Springs-based yoga practice.

3:16 Yoga's guiding philosophy is based on the Biblical truth found in Ephesians 3:16 "I pray that out of his glorious riches He may strengthen you with power through His Spirit in your inner being." Father, Son, and Holy Spirit incorporate the richness of Mind, Body, and Soul in this yoga practice.

3:16 Yoga clients include The United States Air Force Academy Fitness Center, Garden of the Gods Resort and Country Club, and local Colorado Springs schools and churches. 3:16 Yoga also donates yoga instruction to a local military clinic, nearby community parks, and the 21st-century library. during your yoga session at Glen Eyrie, you will enjoy deep relaxation, soothing meditation, and will draw closer to God as you practice gentle movements and mindfulness

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Debra Tolson is a seasoned OB nurse of 35 years with a heart and passion for working with families in the childbearing years. She has a Bachelor's degree in Nursing from Texas Woman's University and has worked in a variety of metropolitan and rural hospital settings. She currently resides in Fort Morgan Colorado and works at Colorado Plains Medical Center. Her background and skills equip her to work in Labor & Delivery as well as manage the lactation services and childbirth classes/breastfeeding classes that support family centered maternity care. She is a former president of ICEA (International Childbirth Education Association) for 2017-2018 and in 2011 had the unique

honor of receiving the Colorado Florence Nightingale award in Advocacy. This was a huge honor for Debra as she thrives on being an advocate for families.

In her many years of working with families, Debra has had personal and professional experience in working with others who walk the path of saying goodbye to a child. Her personal experiences include the challenges of getting pregnant and five blessings that are in heaven. Traveling this road provided her a gift in being able to support other families going through the challenges of losing a child. She has held hands, provided a listening ear, answered questions, cried with them and supported them through needed decisions.