Yoga Flow for the Dental Pro Webinar
Presented by David Hennington, DDS, RYT – 200
Powered by the Eco Dentistry Association
AGD Subject Code: 770 (Self-Improvement)

Course Description:

The daily physical, mental and emotional challenges of the dental profession can take a serious toll on our bodies and minds. A regular yoga routine can help alleviate these stressors and brings numerous benefits to the practitioner, including an improved ability to deal with difficult situations with a greater sense of calm, increased strength and flexibility of both body and mind, and prevention of the onset of many of the musculoskeletal concerns commonly associated with the profession.

David Hennington, DDS, has developed a yoga sequence specifically designed to address many of the physical/mental/emotional issues that are commonly seen with dental personnel and their team members. Never been to a yoga class? No problem! This sequence is friendly for the beginner and seasoned yogi alike, and is a great introduction if this is your first yoga experience.

Practicing portions of this sequence can be done in as little as 15 minutes a day if the desire is to target specific areas. The set can also be extended partially or to full length for a greater overall effect. It’s a great way to start or end the day and prepare your mind and body for doing the kind of dentistry you love to do!

Course Objectives:

Course participants will:

- The specific benefits yoga can provide for the dental professional
- A greater awareness of the present moment, which can help the practitioner more effectively deal with the inevitable personal and professional challenges and successes that arise daily
- Specific yoga sequences and postures that are designed to focus on counteracting the unique consequences of practicing dentistry and to help facilitate a state of well-being within ourselves and those whose lives we touch each day
- Tips on making yoga fun and enjoyable, personalizing your practice for your specific needs, and finding time in your busy day for those that want to develop a consistent practice
**Speaker Bio:**

David Hennington, DDS, graduated with honors from Sam Houston State University, and received his Doctor of Dental Surgery degree from the University of Texas Dental School in San Antonio in 1987. He has been a solo practitioner in Georgetown, Texas since 1991. He continuously seeks additional educational opportunities in order to provide his patients and team with the highest quality in dental care and leadership. He is a member of the American Dental Association, Texas Dental Association, Capital Area Dental Society, Academy of General Dentistry, Lone Star Dental Study Club (a local chapter of the Seattle Study Club), and was one of the first members of the Eco-Dentistry Association in the state of Texas.

After 14 years of practicing different types of yoga, Dr. Hennington received his certification as a yoga instructor in the summer of 2012. He is a Registered Yoga Teacher (RYT) through Yoga Alliance, and is currently pursuing more advanced yoga studies for additional levels of knowledge, experience, and certification. He presented variations of his Yoga Flow for the Dental Pro sequences at the Eco-Dentistry Association’s inaugural Green Dentistry Conference in May 2013.

David is excited about helping fellow dental professionals customize strategies to integrate yoga and meditation into their wellness regimens in an enjoyable, relaxing, and sustainable way, recognizing that each individual’s journey down the yogic path is different and uniquely personal. He is always open to discussions and questions concerning any yoga related topics. Contact the EDA to reach out to David!

**Contact Information:**

If you have any questions about this course, do not hesitate to contact the Eco-Dentistry Association:

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