


Brock University
Brock University Library

Library Yoga

Wednesday, Dec. 2
Wednesday, Dec. 9
12:15-12:45 PM

The Final Stretch!




Brock University
Brock University Library

Library Yoga

5-Minute Study Break

Chair Yoga for the Neck, Shoulders, & Upper Back



Brock University
Brock University Library

Library Yoga

Midterm Edition!

Let's take a mindful movement break!

Wednesday, Oct. 28
Wednesday, Nov. 4
12:15-12:45 PM



Brock University
Brock University Library

Library Yoga

2-Minute Study Break




Brock University
Brock University Library

Library Yoga

A mindful start to the new year & new studies!

Wed., Jan. 13 / 20 / 27
12:15-12:45 PM



Brock University
Brock University Library

Library Yoga

4-Minute Full-Body Chair Yoga Study Break



Brock University
Brock University Library

Library Yoga

3-Minutes of Breathing Room



Brock University
Brock University Library

Library Yoga

The Final Stretch!

Wed., Mar. 31 / Apr. 7
12:15-12:45 PM



Brock University
Brock University Library

Library Yoga

2 Minutes of Mindful Movement



Library Yoga:

Experiences with virtual yoga programming
at the Brock University Library

CHELSEA HUMPHRIES,
LIBRARIAN & YOGA INSTRUCTOR

CAPAL22, JUNE 7, 2022



Agenda



Why Library Yoga?

A little bit about me
& my motivations



The Program

Design
Scheduling
Promotion



The Research Survey

The Survey
Results & Feedback



Thoughts for the Future

Wellness Programming
& Partnerships



Why Library Yoga?

A bit about me & my motivations:

- Yoga instructor of 6 years, practitioner for 17 years
- Eager to share mindful strategies & movements that have helped me both as a student and as a librarian
- Big goal: humanizing the academic library!

The Program

Design

- Designed by a certified instructor to be done in any kind of clothing and within limited space/the workspace
- Intended to address common points of physical and mental stress in students (i.e. tension in back, shoulders, neck, feelings of overwhelm, etc.)
- Blend of live sessions & recordings on YouTube



The Program

Scheduling

- Scheduled during lunch hours on Wednesdays for half an hour
- Run at targeted points of the term to offer sessions during times of transition and times of stress
- On average, 7 sessions were run per term



Fall Welcome x3

Fall Midterms x2

Fall Finals x2

Winter Welcome x3

Winter Midterms x2

Winter Finals x2

Plus!

- 2-5 minute Library Yoga "Shorts"
- SWAC Instagram interview for Wellness Wednesday
- Night Against Procrastination special events


The Program

Promotion

- Events added to campus digital event hub, ExperienceBU (and later pushed in “Get Involved” newsletters to students)
- Shared on social channels by the Library and partners
- Included in updates to faculty & personal librarian emails to students
- Mentioned in my introductions to classes



The Program



Library Yoga
With Chellisa Humphries,
Librarian & Yoga Instructor
Wednesday in September
PLAY ALL


Library Yoga


37 videos • 804 views • Last updated on Apr 6, 2022


≡+ ↺ ↻ ⋮


Why practice yoga in the library? Yoga and mindfulness practices offer a necessary break from our work and studies. Mindfulness practices that incorporate movement, like yoga, also provide the tools to release some of the signs of stress that come with our work and studies. We've all probably had the following experiences:


-- You're doing research and getting frustrated at not finding exactly what you're looking for right away. It's getting hard to focus because you are feeling overwhelmed.


4  **Library Yoga: A Stealthy Chair-Yoga Study Break**
Brock University Library
29:39

5  **Library Yoga: 2-Minute Study Break!**
Brock University Library
2:48

6  **Library Yoga: 5-Minute Study Break for the Neck, Shoulders & Upper Back**
Brock University Library
4:46

7  **Library Yoga: 3 Minutes of Breathing Room**
Brock University Library
3:45

8  **Library Yoga: What can I relax right now?**
Brock University Library
18:33

9  **Library Yoga: Finding Balance**
Brock University Library
33:14

Explore the playlist at bit.ly/LibraryYoga

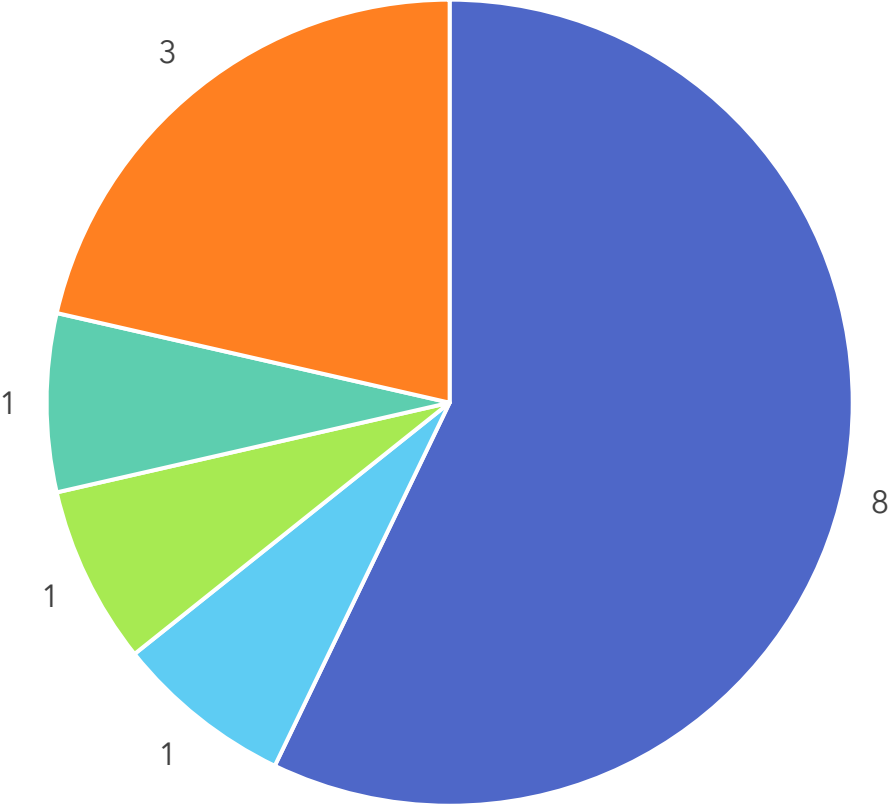


The Research Survey

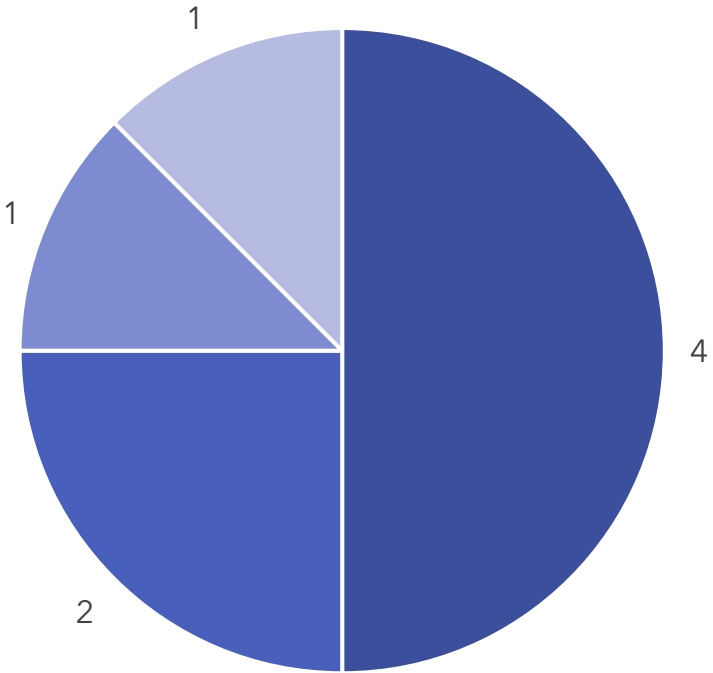
- Eager to know what kind of impact this programming is having on the community!
- Received ethics approval in November 2020
- Conducted a survey using Qualtrics in January 2021
- Results published in July 2021

Results & Feedback

Survey Participants (Total = 14)



Undergraduate Year



■ Undergraduate ■ Graduate ■ Faculty ■ Staff ■ Librarian ■ First year ■ Second year ■ Third year ■ Fourth year

Results & Feedback

Emerging Themes

- Stress relief
- Community building
- Advocacy & outreach

More detailed analysis can be found in the published article:

Humphries, C. (2021). "Relaxed and Refreshed, Prepared to Learn": Experiences with Virtual Yoga Programming in the Academic Library. *The Journal of Creative Library Practice*.

<https://creativelibrarypractice.org/2021/07/13/relaxed-and-refreshed/>

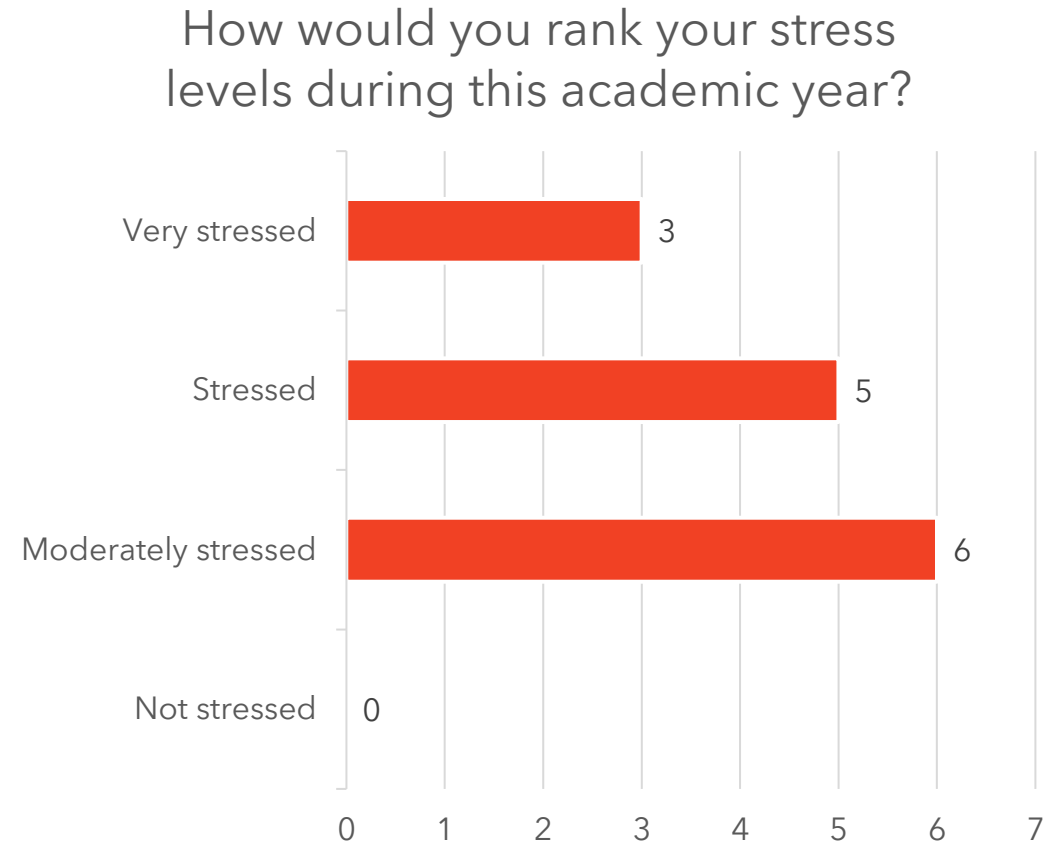
Results & Feedback: Stress Relief

Word cloud generated from responses to "What drew you to Library Yoga?"



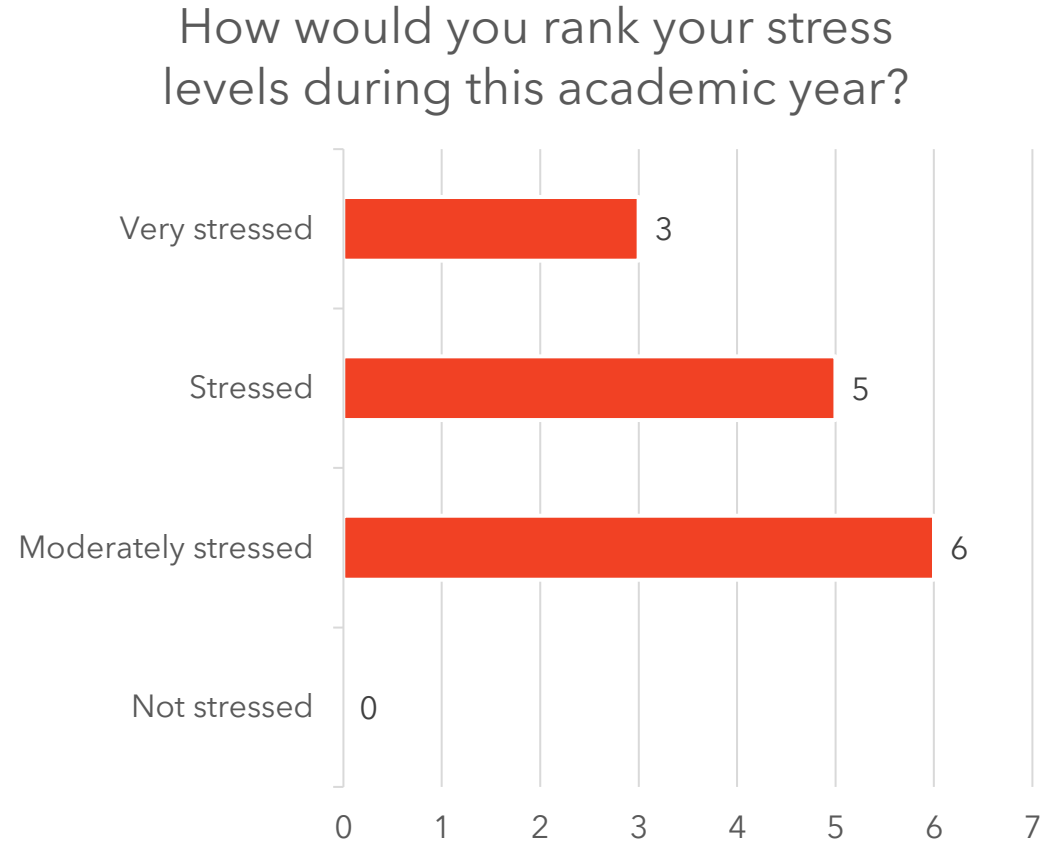
Results & Feedback: Stress Relief

- All survey participants indicated that they were stressed



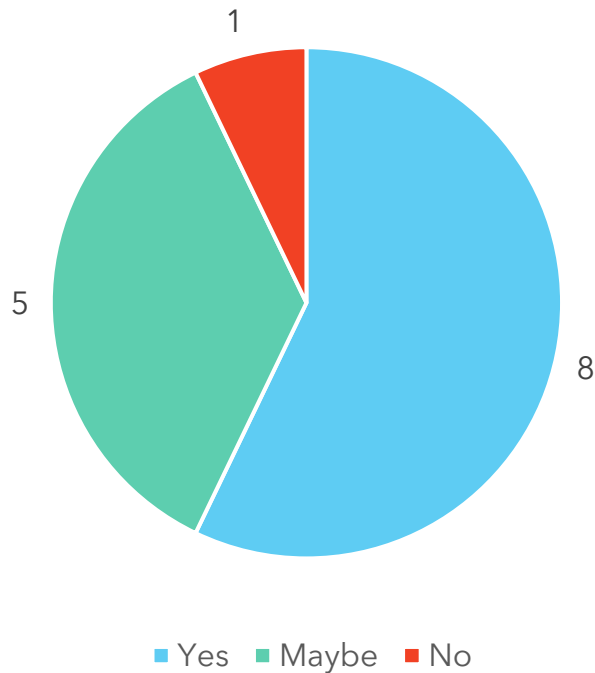
Results & Feedback: Stress Relief

- All survey participants indicated that they were stressed
- 13/14 participants indicated that their **stress levels were different from previous years**, and indicated that this was either “definitely” or “probably” **related to their experience of the COVID-19 pandemic.**



Results & Feedback: Stress Relief

Has Library Yoga impacted your stress levels?



"the stress of school and the pandemic still prevails, **but library yoga decreases the amount of stress that I feel in that moment and throughout that day**"

"**it allows me to take time to myself**, away from my studies, **to relax**"

"**made me feel better physically and mentally**"

"**I feel more relaxed and refreshed, prepared to learn**"

"the livestream and me participating **helped me reduce my stress** for that day"

Results & Feedback: Community Building



Results & Feedback: Community Building

“I liked the option of having a scheduled break that would **allow me to connect with others** and get physical movement into my day”.

“Made me feel part of the community”

“It was something that I could join and be a part of”

“it is very **valuable to have these types of interactions online during a very difficult time in the world**”

“allowed me to work out anonymously behind a computer screen while **enjoying the shared experience** with people like myself with a common interest in libraries and learning more about fitness, wellness and keeping well during challenging times”

“virtual programs like library yoga **allow me to connect to the library any time**, from any device including my smart phone.”

Results & Feedback: Advocacy & Outreach



Results & Feedback: Advocacy & Outreach

“transcends negative stereotypical images of what a library is [...] I thought librarians wore glasses, never worked out, didn't care about fitness or wellness, but **library yoga helped me with stress, allowed me to meet really neat librarians and made me feel better about myself while seeing a different side of the library and librarians.**”

“The conversation **helped me to learn about what librarians are and do.**”

“I liked seeing that Brock has yoga available within the library space, as **the library is seen as a quiet place to focus, and yoga requires quiet and focus as well.**”

Results & Feedback

Word cloud generated from responses to "Is there anything else you would like to share about your experience with Library Yoga?"



Results & Feedback

“Keep it going!”

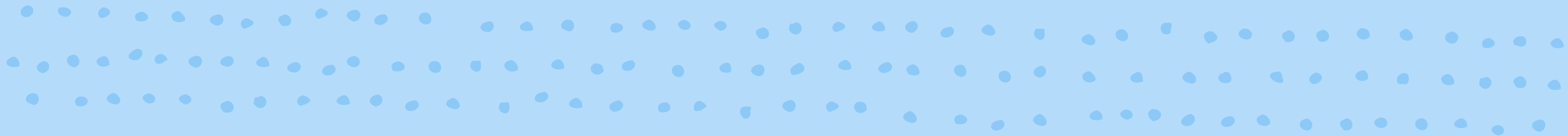
“It is in my calendar. I **look forward to it and schedule around it if possible.** So yes, having one, two or a third repeated session gives me the flexibility to get things done, work around meeting and classes, and then enjoy working out with others when possible. **It is now strangely the best part of my week I look forward to every time. It brings a smile to my face every time.”**

“I really enjoy it and can't wait to practice in person!”

“I enjoyed learning yoga very much and the instructor was so great! When it ended, **I even purchased my own mat and starting doing YouTube yoga lessons”**

S E P T . 2 0 2 1 – A P R . 2 0 2 2

Library Yoga since the survey...



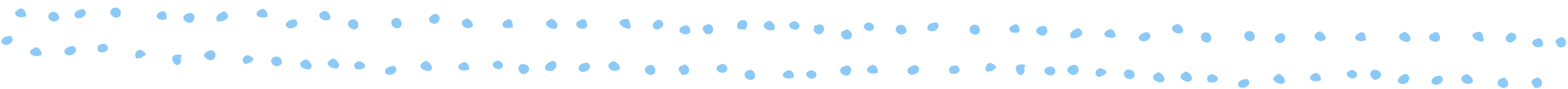
With another year, I've learned:

Attendance is consistently highest during the first month of the term, not during end-of-term crunch times!

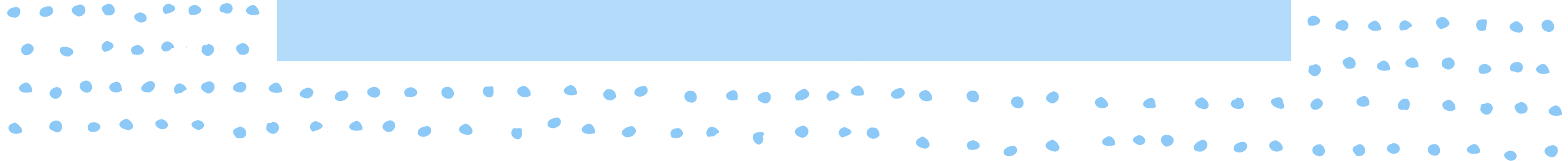
A follow-up, informal survey indicated evenly split interest in an in-person session; half of respondents wanted to attend in person, and half wanted all sessions to remain virtual.

Online polling tools offer more opportunities for anonymous, but synchronous interaction at the start of a session.

After greater university news promotion, an increased number of faculty have begun participating and sharing the classes with their students!



Thoughts for the
Future



More wellness programming

There is a place for wellness in the library!

- Virtual (and possibly in-person) yoga classes are of interest
- To support in-person classes and wellness on campus, a future library project could be a new lending program for resources like mats and yoga blocks
- Encouragement cards distributed during exam season with chair yoga illustrations and breathing exercises (and a link to our exam survival guide!) continue to cultivate a caring and holistic library space



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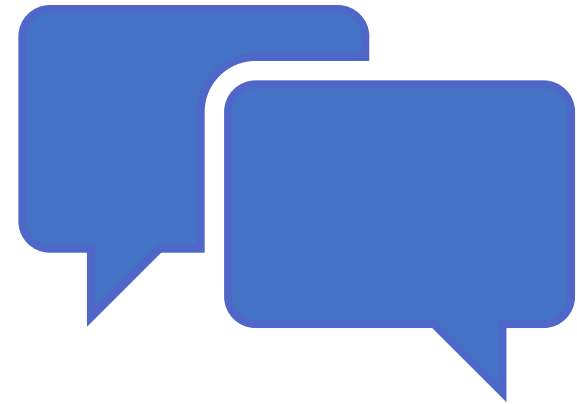
Continuing programming like this may be possible with staff expertise and/or in partnership with:

- Student Wellness
- Recreation
- Community yoga studios



Thank you!

LET'S HAVE A
CONVERSATION 😊



IG: @chelsea.onthebrightside

<https://chelseahumphries.wixsite.com/yoga>

Related Reading

- Carson, J. (2019). *Yoga and Meditation at the Library: A Practical Guide for Librarians*. Rowman & Littlefield Publishers.
- Lenstra, N. (2020). Student wellness through physical activity promotion in the academic library. In S. Holder & A. Lannon (Eds.), *Student Wellness and Academic Libraries: Case Studies and Activities for Promoting Health and Success* (pp. 223–240). Association of College & Research Libraries.
- Moniz, R. (2016). *The Mindful Librarian: Connecting the Practice of Mindfulness to Librarianship*. Chandos Pub Oxford Ltd.