

# Library Yoga

Wednesday, Dec. 2

Wednesday, Dec. 9

12:15-12:45 PM



## Library Yoga 5-Minute Study Break

Chair Yoga for the Neck,  
Shoulders, & Upper Back



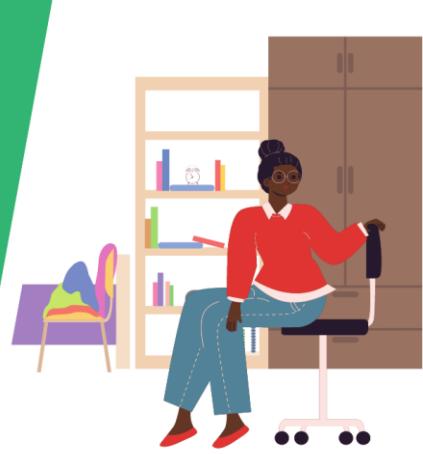
## Library Yoga Midterm Edition!

Let's take a  
mindful  
movement  
break!

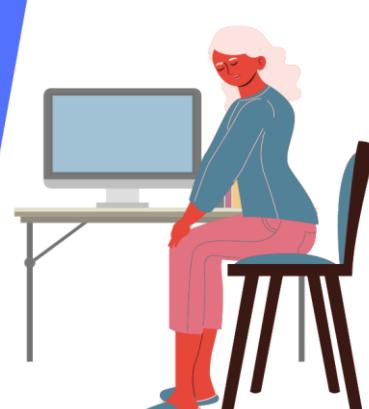
Wednesday, Oct. 28

Wednesday, Nov. 4

12:15-12:45 PM



## Library Yoga 2-Minute Study Break



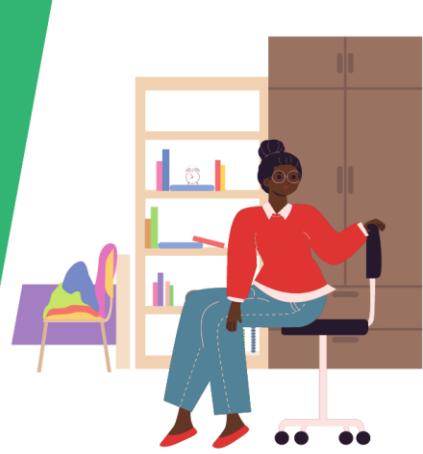
## Library Yoga

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

A mindful start  
to the new year  
& new studies!



## Library Yoga 4-Minute Full-Body Chair Yoga Study Break



## Library Yoga

3-Minutes  
of Breathing Room



## Library Yoga

The Final Stretch!

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

## Library Yoga

2 Minutes  
of Mindful  
Movement





# Library Yoga:

## Experiences with virtual yoga programming at the Brock University Library

C H E L S E A   H U M P H R I E S ,

L I B R A R I A N   &   Y O G A   I N S T R U C T O R

C A P A L 2 2 ,   J U N E   7 ,   2 0 2 2

# 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



Library Yoga: Upper-Body Tension Relief

80 views...



DISLIKE

SHARE

DOWNLOAD

CLIP

SAVE

...



# 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

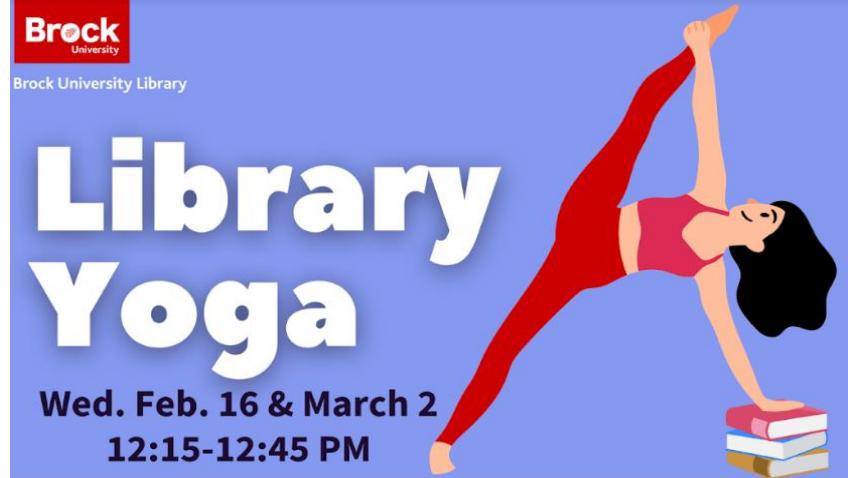
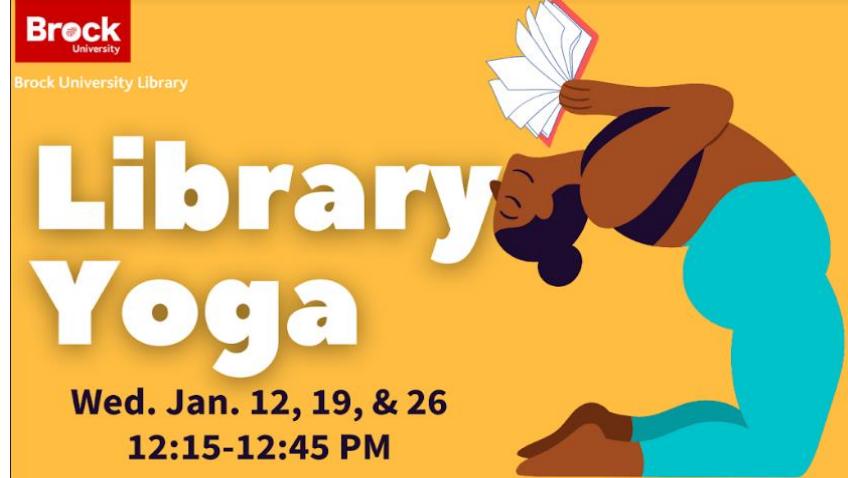
### Plus!

- 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

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

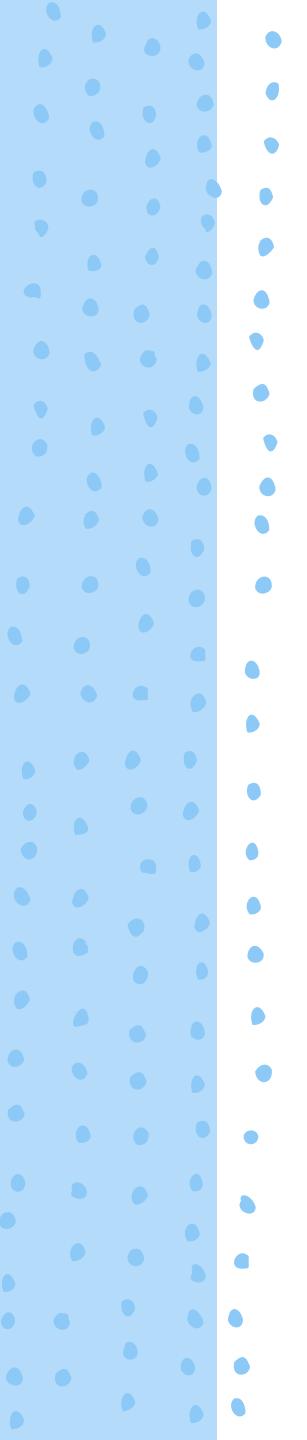


Why practice yoga in the library? Yoga and mindfulness practices offer a necessary break from our work and studies. Mindfulness practices that incorporate movement, like yoga, also provide the tools to release some of the signs of stress that come with our work and studies. We've all probably had the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

4		Library Yoga: A Stealthy Chair-Yoga Study Break	Brock University Library
5		Library Yoga: 2-Minute Study Break!	Brock University Library
6		Library Yoga: 5-Minute Study Break for the Neck, Shoulders & Upper Back	Brock University Library
7		Library Yoga: 3 Minutes of Breathing Room	Brock University Library
8		Library Yoga: What can I relax right now?	Brock University Library
9		Library Yoga: Finding Balance	Brock University Library

Explore the playlist at [bit.ly/LibraryYoga](https://bit.ly/LibraryYoga)

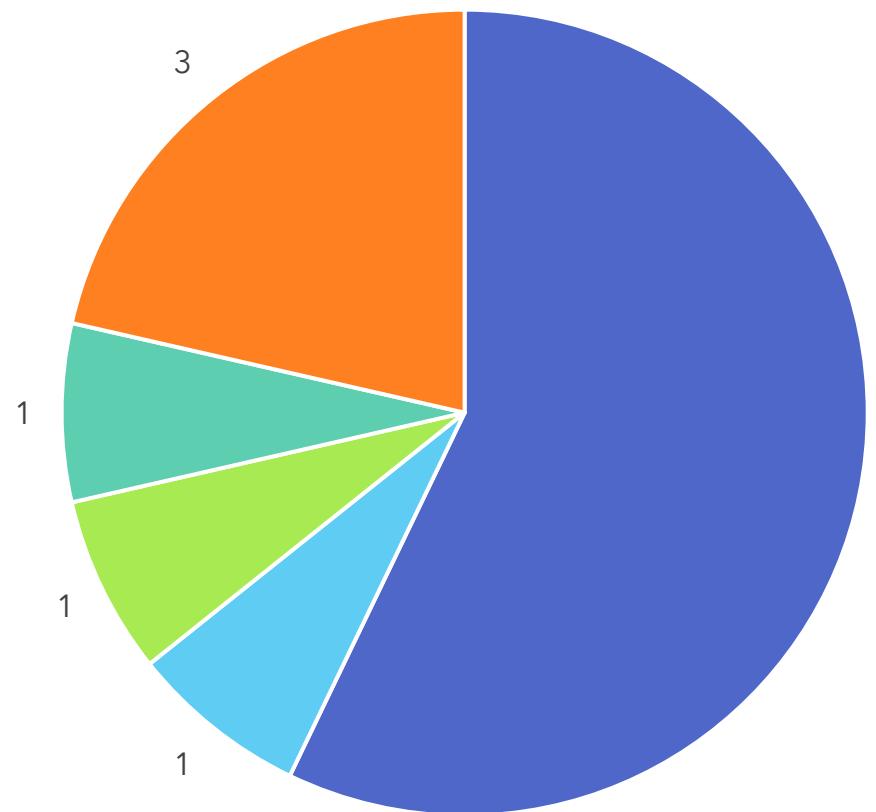


# *The Research Survey*

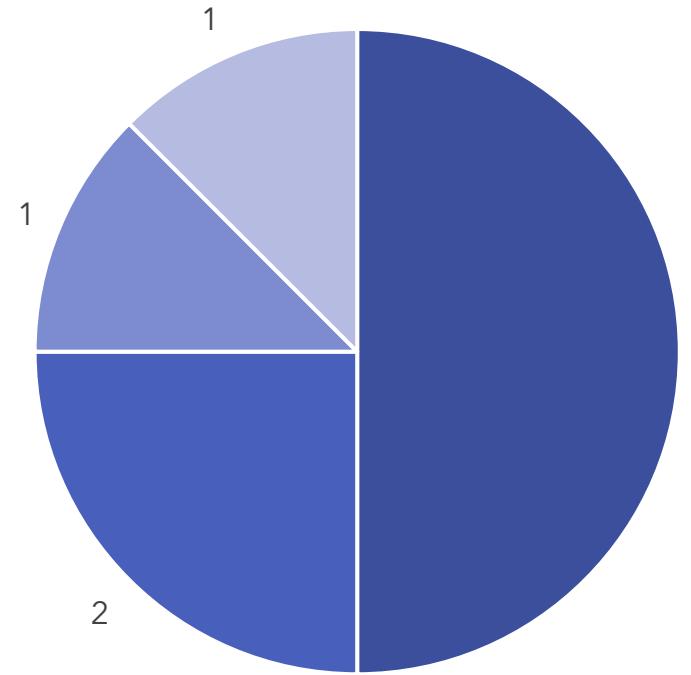
- Eager to know what kind of impact this programming is having on the community!
- Received ethics approval in November 2020
- Conducted a survey using Qualtrics in January 2021
- Results published in July 2021

# 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

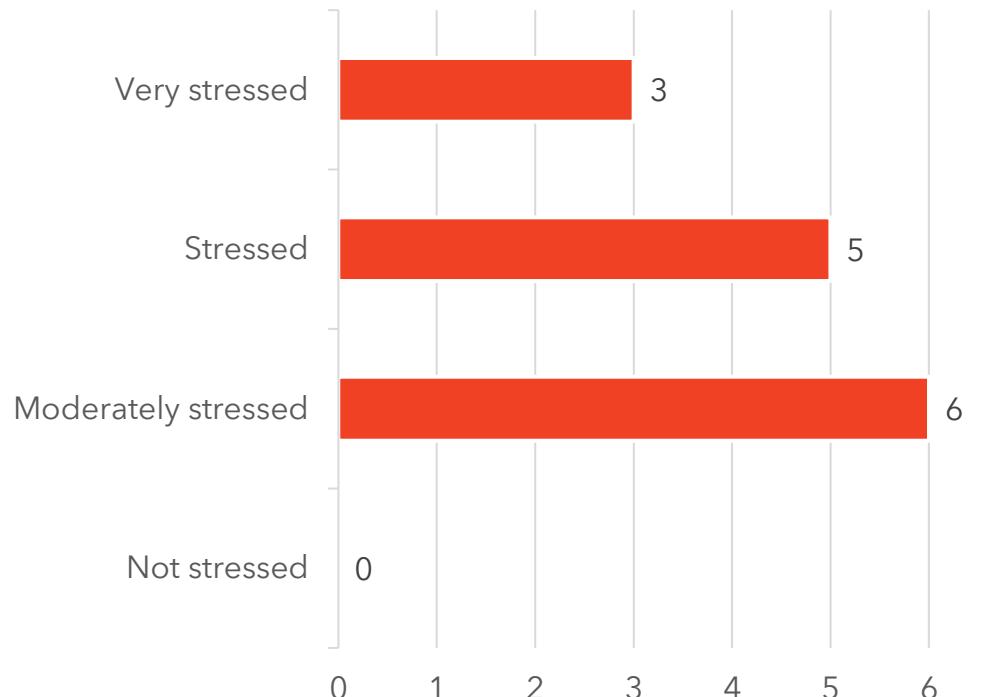
Word cloud generated from responses to "What drew you to Library Yoga?"



# Results & Feedback: Stress Relief

- All survey participants indicated that they were stressed

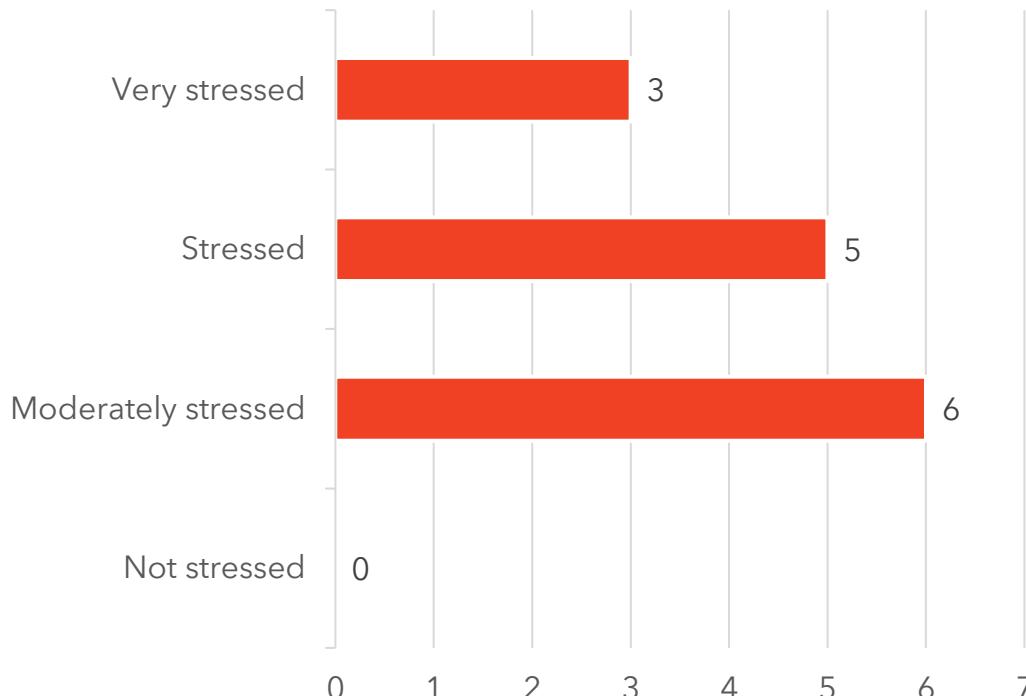
How would you rank your stress levels during this academic year?



# Results & Feedback: Stress Relief

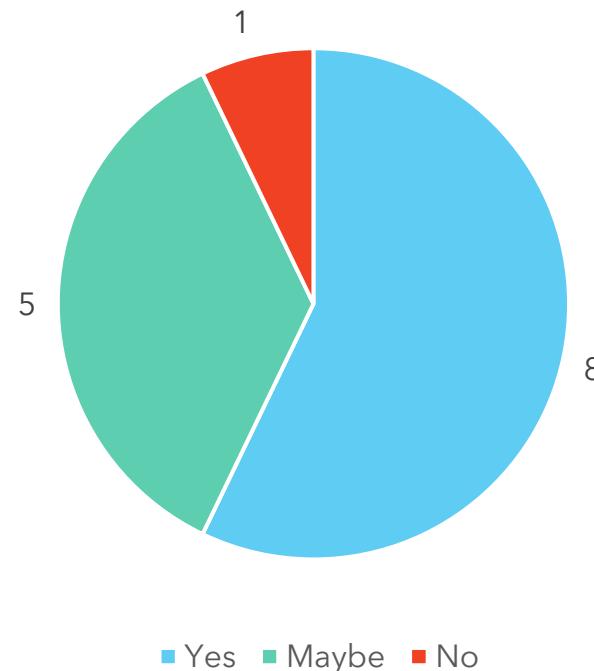
- All survey participants indicated that they were stressed
- 13/14 participants indicated that their **stress levels were different from previous years**, and indicated that this was either "definitely" or "probably" **related to their experience of the COVID-19 pandemic.**

How would you rank your stress levels during this academic year?



# 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”.

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

“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”

“Made me feel part of the community”

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

“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:

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

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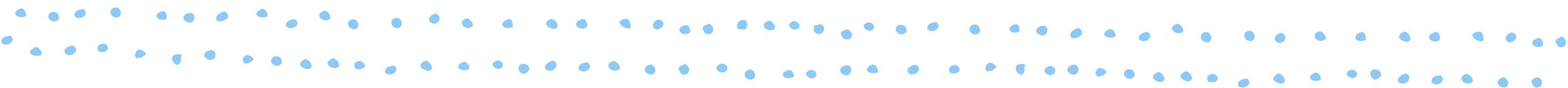
A follow-up, informal survey indicated evenly split interest in an in-person session; half of respondents wanted to attend in person, and half wanted all sessions to remain virtual.

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

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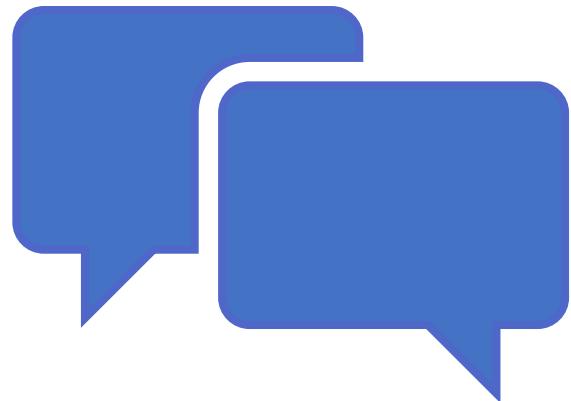
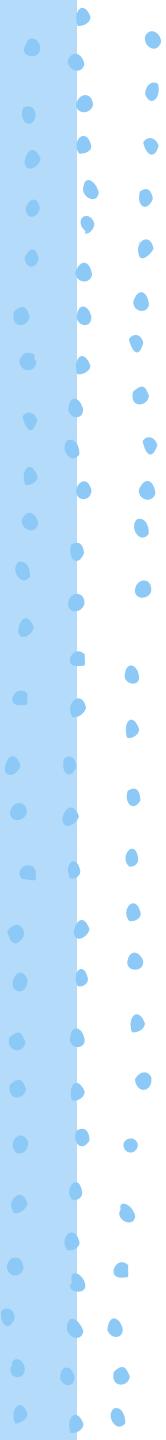
**Continuing programming like this may be possible with staff expertise and/or in partnership with:**

- 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.