

NEW THIS YEAR

Spouse/Partner Event

Saturday, March 28 1pm-2:30pm

(held while officers are at their training seminar)



Michael Zweigart of YFFR (Yoga For First Responders)

Session Overview

Michael delivers a powerful and accessible look at the stress response and its impact on the body—especially within the unique demands of public safety. Drawing from decades of experience in EMS, he shares his personal journey with chronic stress, the toll it took, and the pivotal shift that led him to dedicate his career to first responder wellness.

As the owner of R Wellness LLC (dba RegulateMethod) and certified Yoga For First Responders® Instructor, Michael now partners with agencies and individuals to teach proactive, science-based techniques that change how we interpret and manage stress. His session highlights the critical distinction between relaxation and regulation and explores practical strategies for balancing the nervous system before, during, and after high-stress events.

A registered certified yoga instructor, Michael is licensed by Yoga For First Responders®, delivering a specialized protocol that incorporates breathwork, physical drills, and neuro-reset techniques. His mission is to demystify yoga, honor its origins as warrior mindset training, and make it accessible to every first responder—no flexibility or prior experience required.

Michael believes you can't force someone to hear a message they're not ready to receive, but you should never underestimate the power of planting seeds. By integrating these skills into training, we can extend first responder careers, enhance performance, and strengthen overall health and resilience.