

# WHOGANOW LTD

Jeannette Hummel, M.A. CCC-SLP, RYT-500  
Speech-Language Pathologist/Yoga Therapy Practitioner

## *Integrative approaches to wellness*

Yoga for All Abilities • Yoga Therapy • Aromatherapy • Speech Therapy  
www.whoganow.com • 440.413.9198 • whogij@gmail.com

## SERVICES

### *Making the benefits of yoga accessible to all*

#### **WHOGA®**

Jeannette Hummel created WHOGA (chair yoga) as a result of encountering individuals in her speech pathology practice who were in need of movement and low impact exercise. Also a yoga teacher, Jeannette developed WHOGA as a simplified yoga practice specifically designed to enhance mobility for the chair bound or physically limited individual without the difficult poses, pretzel-like twisting or sanskrit terms.



Like Yoga, WHOGA increases body and self awareness. The intention is to utilize breath awareness to unite mind, body and spirit and bring about feelings of balance and peace. Movements and postures are modified to enable participation at all levels. Breathing techniques

are taught in order to promote healing and overall well being. WHOGA offers numerous health benefits such as stress relief, better concentration, improved strength, flexibility and reduced blood pressure.

#### **WHOGA Classes and Teacher Training**

Jeannette presents at conferences and individual facilities and has trained dozens of practitioners to teach and utilize WHOGA techniques on their own. Her courses provide CEU opportunities for physical and occupational therapists, activities coordinators, social workers, nurses and other health fields. See [www.whoganow.com](http://www.whoganow.com) for upcoming courses or to purchase DVDs of the WHOGA practice. For more info, call 440.413.9198.

### *Integrative wellness solutions*

#### **Yoga Therapy**

An emerging discipline in the health care community, yoga therapy consists of a private session that utilizes yogic techniques to address specific health and wellness concerns.

Yoga Therapy is an effective treatment for weight loss, stress management, Multiple Sclerosis,



fibromyalgia, chronic fatigue syndrome, depression, anxiety, autism, ADHD, blood pressure management and musculoskeletal issues such as back pain, sciatica, shoulder, neck and hip pain. This treatment modality complements most rehab and medical programs. Jeannette provides individual yoga therapy appointments for adults and children.

#### **Scents for Life® Aromatherapy**

Jeannette founded Scents for Life Aromatherapy to provide therapeutic grade essential oils and blended sprays for personal, home or office use. Aromatherapy can be tailored for individuals and provides multiple benefits. Aromatherapy also provides a wonderful complement to yoga classes and therapy sessions as it enhances the healing process. Jeannette provides aromatherapy consultations and workshops and carries a full line of aromatherapy sprays and essential oils.



#### **Better Health Through Fruits & Veggies - Simplified**

Current research has guided more doctors to recommend Juice Plus+; a concentrated nutritional supplement providing nutrition from 17 different fruits, vegetables and grains. To learn more, schedule a wellness presentation with Jeannette or check out [www.jeannettejuiceplus.com](http://www.jeannettejuiceplus.com).

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## Leading clients to wellness, happiness & opportunity through gentle activity



With more than 17 years of experience in the health care field, Jeannette Hummel is a licensed Speech-Language Pathologist, Registered Yoga Instructor and Yoga Therapy Practitioner. Jeannette created WHOGA® (wheelchair yoga) as a result of encountering individuals who were in need of movement and low impact exercise. An activity specifically designed to enhance mobility for the chair bound or physically limited individual, WHOGA offers numerous health benefits such as stress relief, better concentration, improved strength, flexibility and reduced blood pressure. She has presented at numerous conferences and individual facilities and trained dozens of practitioners to teach and utilize WHOGA techniques on their own. Jeannette travels throughout the country to teach WHOGA in accredited CEU classes to physical/occupational therapists, activities coordinators, nursing home administrators and yoga teachers. WHOGA is also available on DVD. For more information, go to [www.whoganow.com](http://www.whoganow.com).

### Work Summary

#### Founder & Principal WHOGANOW, LTD

Founded private practice in 2008, providing group yoga classes, individual yoga and speech therapy sessions, CEU seminars, aromatherapy workshops, wellness presentations and products. Created a DVD series called WHOGA® Wheelchair Yoga for utilization in nursing homes, assisted living facilities and home use. Founded Scents for Life® Aromatherapy specializing in essential oils and sprays.

#### Director of Rehabilitation, Operations, Licensed Nursing Home Administrator

More than 12 years in health care management in skilled care/rehabilitation settings. Directed multi-facilities' daily operations, budgets, staffing, recruitment, education/training and scheduling of all therapists and rehab directors. Accomplished start-ups in five buildings. Responsible for staff/facility program development, financial management, QI programs, HR resolution, and good working relations with all customers.

#### Speech Language Pathologist Independent Contractor

More than 16 years providing speech and language evaluation and treatment of adult and children's speech, language and swallowing disorders.

### Training, Certifications & Licenses

#### Ohio Board of Speech Language, Pathology & Audiology

Licensed Speech Language Pathologist

#### Try 4 Life Yoga Teacher Training Yoga Alliance (2007)

Registered Basic and Advanced Yoga Instructor with Certification as a Yoga Therapist

### Education

#### Kent State University, Kent, Ohio (1997)

Master of Arts in Speech-Language Pathology  
Bachelor of Science in Speech Language  
Pathology and Audiology  
Associate in Business Management Technology

#### Watterson College, Louisville, KY (1983)

Diploma in Travel/Accounting

### Presentations

Jeannette is available for educational presentations, workshops and WHOGA Teacher Training. **Please call 440.413.9198 or email [whogij@gmail.com](mailto:whogij@gmail.com) for more information.**

### Benefits of Yoga/WHOGA Practice

- Better oxygenation of the blood, improving circulation and healing
- Relief of tension and chronic stress
- Positively enhanced immune system
- Increased energy, stamina and strength
- Reduction in blood pressure
- Increased metabolic rate which aides in healthy weight loss program
- Enhanced REM for better sleep
- Increased self esteem & body awareness
- Greater flexibility and increased muscle tone
- Improved concentration
- Decreased anxiety
- Better posture and coordination
- Increased inner peace and well being

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