

Ventura College Sabbatical Leave Project Fall 2021
Faculty Wellness
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- iii. Power of Yoga Community Challenge – An eight-week program focusing on the ten tenets of yoga called the Yamas and Niyamas (online through Big Power Yoga in Houston, TX)

b. Research highlights:

i. Books:

1. Jaffe, S. (2021). *Work won't love you back: how devotion to our jobs keeps us exploited, exhausted, and alone* (First edition.). Bold Type Books.
2. Shah, A. (2021). *I'm so effing tired: a proven plan to beat burnout, boost your energy, and reclaim your life*. Boston, Massachusetts, Houghton Mifflin Harcourt.

ii. Periodicals:

- 1.

resources to support their wellbeing along the eight dimensions of wellness, and to

