Conceptualizing Yoga for Mental Health Applications

This 15-hour workshop dives into intra- and interpersonal contexts for a biopsychosociocultural understanding of how humans develop and cultivate resilience and mental wellbeing. This integrated and holistic model is then applied to a variety of emotional and mental manifestations present in yoga students and their teachers. It explores:

- a deeper understanding of the koshas as levels of human development
- human ways of being in the world (the gunas as polyvagal manifestations of expecting safety, danger, or threat)
- emotional predilections (the kleshas of attachment, aversion, ego, fear, confusion)
- mental preoccupations (the vrittis of misperception, remembrance, planning, relationships, circumstances) and mind states

Finally, participants learn how to use the biopsychosociocultural model to build holistic and integrated yoga prevention, wellness, and healing plans for themselves and their students.

For Whom?
Yoga teachers and mental health care professionals who seek to apply yoga principles and strategies to clinical practice or yoga teaching in mental healthcare.

Instructors
Christiane Brems, PhD, ABPP, ERYT500, C-IAYT; clinical psychologist, yoga therapist & teacher
Heather Freeman, PsyD, RYT200; psychologist and yoga teacher

Objectives
1. Become versed in biopsychosociocultural perspectives and methods of assessing yoga students’, clients’, and teachers’ emotional, mental, and relational wellbeing
2. Learn how to develop a deep etiological understanding of students’/clients’ developmental trajectory and presenting concerns
3. Become skillful in tailoring yoga healing, wellness, and intervention plans to the individual developmental and interpersonal needs of students, clients, and teachers

Logistics
Online synchronous instruction via three 5-hour Saturday afternoon sessions
February 27, March 13, and March 27, 2021 – each day from 12:30-5:45p
Practical applications are included – come prepared to engage in asana and other practices

Cost
$350
(includes 15 CEUs from Yoga Alliance for those who are certified yoga teachers)

Registration
To register, go to https://www.yogaxteam.com/classes-and-workshops
For questions, email: yogaxteam@stanford.edu

Agreements
By accessing YogaX resources and events, you participate at your own risk and acknowledge that YogaX is not responsible for challenges or injuries you may experience.
You acknowledge that you have read, understood, and agree to follow the Stanford Assumptions of Risk, Release of Claims and Hold Harmless Agreement and instructions at https://www.yogaxteam.com/healthandsafetyinformation.