Pranayama

OCTOBER 16TH, 2021
EXACT TIME TBD
VIRTUAL SYNCHRONOUS INSTRUCTION

This advanced pranayama workshop, framed within polyvagal theory, explores breath as a bottom-up process of self-regulation to access emotional and physical balance, as a way to access to inner awareness (through neuroception and interoception), and as way of stimulating the vagus and creating resilience in the autonomic nervous system. Breath and breathing will be explored as the bridge between mind and body leading to enhanced awareness of and capacity to modulate energy, affect, and arousal.

Instructor: Chris Brems PhD, ABPP, C-IAYT; clinical psychologist and yoga teacher

Cost: $150 (includes 6 CEs from Yoga Alliance for those who are certified yoga teachers)

For more information and registration please visit our website at yogaxteam.com or send us an email at yogaxteam@stanford.edu