FROM YOGAX AND THE DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

Yoga for Relationships

DATES: SATURDAY 11/6/21 AND SUNDAY 11/7/21
TIME: 9:00AM-12:30 PM PST
COST: $180 (INCLUDES 6 CEUS FROM YOGA ALLIANCE FOR THOSE WHO ARE CERTIFIED YOGA TEACHERS)
VIRTUAL SYNCHRONOUS INSTRUCTION

Interested in learning how to facilitate healing for your students by utilizing intentional communication and interpersonal skills?

Come join this 7-hour workshop dedicated to infusing psychology clinical training with yoga ethics and teacher training skills. We will be exploring the foundations of a healing relationship, discuss yoga as a therapeutic modality and practice skills based on facilitating healing and growth in relationships.

Skills to be addressed:

- Sitting with silence
- Reflection and empathetic statements
- Phenomenological inquiry
- Boundaries

Instructor:
Heather Freeman, PsyD, E-RYT 500 clinical psychologist and yoga teacher

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

Stanford Department of Psychiatry and Behavioral Sciences