Contemporary Topics in Yoga:
Therapeutics in Healthcare

Heather Freeman PsyD, ERYT500 and Christiane Brems PhD, ABPP, E-RYT500, C-IAYT
30-Hour Module

**Target Audience and Instructional Level**

This is an intermediate-level course geared to students in the YogaX YTT300 and the following audiences:

- Psychologists, psychiatrists, and other mental healthcare providers interested in bringing pranayama principles and strategies into their clinical practice.
- Psychology, psychiatry, and other mental health-program students in graduate or medical programs interested in bringing pranayama principles and strategies into their supervised clinical practice.
- Yoga teachers interested in offering advanced pranayama practices, especially to students in healthcare settings.
- Yoga therapists providing offering advanced pranayama practices, especially in healthcare settings.

**Workshop Pragmatics**

- Cost: $800 tuition for this 30-hour workshop or YogaX YTT300 prepaid enrollment
- This training is delivered via online synchronous instruction and with fulltime contact with the lead teacher, Chris Brems
- (see Training Format below for specific details of training delivery)
- Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost; a CE certificate is issued upon request
- Participation (by entering the zoom link and/or making payment) implies that you have read and agreed to the Stanford Assumptions of Risk, Release of Claims, and Hold Harmless Agreement at [https://www.yogaxteam.com/healthandsafetyinformation](https://www.yogaxteam.com/healthandsafetyinformation)
- YogaX Refund and Payment Policy is available at [https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/73d3c9e8ebb14214a60e11d8b08baba1.pdf](https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/73d3c9e8ebb14214a60e11d8b08baba1.pdf)
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.
- The zoom link for this event is: [https://stanford.zoom.us](https://stanford.zoom.us)

**Facilitators and Instructors**

**Primary Facilitator:**
Heather Freeman, PsyD, ERYT 500
YogaX Program Manager, Department of Psychiatry and Behavioral Sciences, Stanford School of Medicine
More information at [https://profiles.stanford.edu/heather-freeman](https://profiles.stanford.edu/heather-freeman)

**Secondary Facilitator:**
Christiane Brems, PhD, ABPP, E-RYT500, C-IAYT
YogaX Director, Department of Psychiatry and Behavioral Sciences, Stanford School of Medicine

Instructors vary by topic. Their credentials are listed in the schedule section.
Training Content Summary

This advanced training will broaden yoga trainees’ knowledge of contemporary professional topics relevant to therapeutic yoga in healthcare settings. Each topic is presented led by yoga and healthcare experts for the specific content area. Each session is two hours long and includes didactics, experiential work, and discussion. The purpose of this section of the 300hr yoga teacher training is to introduce yoga teachers to the range of settings and demographics in which therapeutic yoga can be applied and to introduce them to a range of relevant healthcare topics. Each topic incorporates an overview of the specialized topic in healthcare or yoga and provides each student an opportunity to learn from a professional with specialized knowledge in the field.

Trainees participate in a range of brief seminars led by experts in the field, either applying yoga in a variety of settings or on a topic that can inform yoga teaching (sleep, nutrition, etc.) in healthcare settings. As such, participants learn to develop strategies, apply skills, and problem-solve related to the following applications of therapeutic yoga in healthcare settings:

- Learning specialized topics that can be applied to working with students/clients in a healthcare setting
- Learning the range of applications of yoga interventions for varying populations and different settings
- Understanding the unique characteristics of each setting and the nuances of how to create appropriate adaptations of yoga interventions
- Understanding the unique characteristics of different healthcare populations and the nuances of how to create appropriate adaptations of yoga interventions to cater to individual needs
- Integrating cultural sensitivity and competence, including language skills, empowerment, collaboration, and interpersonal skills specific to the unique setting and demographic presented in the varying topics

Learning Objectives

Learning Objective #1:
1. Explore and define varying applications of yoga through expert presentations and talks

Evaluation Method for Learning Objective #1
- Define and provide examples of different settings and demographics
- Define and explain the difference between applications of yoga with varying populations and settings

Learning Objective #2:
2. Learn advanced techniques and considerations to broaden your ability to plan/structure/theme a class based on population, setting, and presenting concern

Evaluation Method for Learning Objective #2
- Define and explain techniques to create appropriate adaptations of yoga interventions to cater to individual and setting-dependent needs
- Define teaching parameters and considerations for applying yoga intervention within healthcare settings based on information given in presentations

Learning Objective #3:
3. Learn to teach and apply principles and techniques specific to the varying populations/settings discussed by speakers

Evaluation Method for Learning Objective #3
- Apply teaching principles and considerations in experiential and small group exercises
- Plan sample class based on chosen population and outline considerations for every talk attended
## Contemporary Topics in Yoga: Therapeutics in Healthcare

### Schedule and Continuing Education Hours by YA Category

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Topic – Yoga for Special Populations</th>
<th>TTP</th>
<th>TM</th>
<th>AP</th>
<th>YH</th>
<th>Prac</th>
<th>Spc</th>
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<tbody>
<tr>
<td>1.</td>
<td>4p – 7p</td>
<td>Gender Considerations for Yoga Teachers</td>
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<td>2.</td>
<td>4p – 7p</td>
<td>Yoga for Veterans</td>
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<td>3.</td>
<td>4p – 7p</td>
<td>Yoga with Inpatient Psychiatric Patients</td>
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<td>4.</td>
<td>4p – 7p</td>
<td>Yoga with Adults in Custody</td>
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<td>5.</td>
<td>4p – 7p</td>
<td>Yoga for Athletes</td>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Topic – Yoga for Specific Therapeutic Applications</th>
<th>TTP</th>
<th>TM</th>
<th>AP</th>
<th>YH</th>
<th>Prac</th>
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<tr>
<td>6.</td>
<td>4p – 7p</td>
<td>Yoga for Chronic Pain</td>
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<td>7.</td>
<td>4p – 7p</td>
<td>Yoga and Sleep Medicine</td>
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<td>8.</td>
<td>4p – 7p</td>
<td>Yoga and Nutrition</td>
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<td>9.</td>
<td>4p – 7p</td>
<td>Restorative Yoga</td>
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<td>10.</td>
<td>4p – 7p</td>
<td>Yin Yoga</td>
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30 hours of YA CE or YTT 300 in the following categories: 7 9 9 5 0 30

**Notes:** YA=Yoga Alliance; CE=Continuing Education
TTP=Techniques, Training, and Practice; TM=Teaching Methodology; AP=Anatomy and Physiology; YH=Yoga Humanities; Prac=Practicum; Spc=area of program specialization
**Provided Handouts**

Several handouts and the slide set for the workshop will be provided to registered and paid enrollees on the day of the workshop. These materials are provided with the understanding that students will not duplicate, distribute, or otherwise publicly use these materials without express permission and proper attribution and referencing.

Handouts to be provided include:
- *Slide Sets for the presentation*
- *Handouts specific from the presenter*

**Suggested Readings and Practices**

It is recommended that in preparation for the workshop you read all YogaX blogs, peruse YogaX webpage resources, and try out some of the offered free practices (asana, pranayama, meditation, and more) at yogaXteam.com and on the YogaX Team YouTube channel.

It will be helpful to have familiarity with the *Yoga Sutras of Patanjali* prior to attendance (but it is not required). Many translations exist and you can choose any one. Several are available for free online ([http://www.swamij.com/yoga-sutras.htm](http://www.swamij.com/yoga-sutras.htm) and [http://www.arlingtoncenter.org/Sanskrit-English.pdf](http://www.arlingtoncenter.org/Sanskrit-English.pdf)).

The following readings will be helpful as you deepen your journey once you have completed the workshop.


Training Format

The workshop uses mixed pedagogical methods, ranging from didactics/lectures to discussion to experiential work, including small group activities. Lecture/didactic time invites discussion throughout and is accented by experiential exercises and activities. The experiential work is yoga-based and includes asana, pranayama, meditation, and guided imagery. To make sure that everyone can enjoy the yoga-based activities safely and with maximum comfort, please note the following (more personal) thoughts and requests.

- Stanford University requires that you sign the release form (link above) to be able to participate in the activities that are part of this workshop. It assumed that you have agreed to this document when you pay or use the provided zoom link for the workshop.

- Required training activities start promptly. To make sure that we can start on time and that you have ample opportunity to get settled or ask questions, it would be lovely if you could arrive as much as 10 minutes early.
- Participants provide their own props for the virtual training sessions. Minimum prop equipment includes 2 yoga blocks, 1 yoga strap (10 feet is preferrable), 1 yoga bolster, 1-2 blankets, and a yoga mat. Access to a clear wall space is extremely helpful (a closed door works). Prop substitutes are fine (e.g., a stack of books instead of blocks; a scarf instead of a strap, sofa cushions instead of a bolster, etc.). Please have all props at the ready for each training session.
- Yoga is best practiced on a relatively empty stomach but not starving. A sustaining but light meal prior to class will help you maintain your energy without having a full belly that makes bending and twisting difficult.
- Please ask questions – before class, after class, and during class. If you are wondering about something – whether it’s the reason for a particular shape or movement, an alignment question, or a more healthful way of doing something – someone else is likely to ponder the same thing.
- Always honor your own intuition and body wisdom – if something feels wrong, do NOT do it. We are all anatomically unique and we all express the same yoga shape, breath, or practice in different ways. What works for us, your teachers, or the person next to you, may not be optimal for you. Allow yourself the joy of using props and variations based on the feedback from your own body, breath, and mind. We offer both freely and demonstrate their use throughout.
- Yoga practiced in a group is inspirational. It is never competitive. Work within your own body limits and preferences; give yourself permission not to strive to do what others are doing. Delight in the pleasure of expressing each pose or breath in uniquely your way. If something comes easily, celebrate this state of pure joy; if something is a struggle, embrace the moment of learning.
- Thank you in advance for making me aware of any medical conditions that may affect your yoga practice. It is helpful for me to know if you are modifying practices for a particular reason or if you would like to have help in working with a particular concern.
- Thank for turning off all cell phones, beepers, or other noise-making or distracting devices before you settle in for any given training session.
- Thank you for keeping your cameras on during virtual sessions to the degree possible and appropriate.