YOGA FOR HEALTH AND RESILIENCE: AN EBP PROTOCOL FOR HEALTHCARE
A 30HR TRAINING (CAN BE APPLIED TO 300HR YTT)

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Time: Fridays starting at 4pm PST; beginning 2/18/22 (except for on 5/2/22 for the final class)
PROTOCOL OVERVIEW

Ten therapeutic yoga sessions based on evidence-based protocol developed by YogaX Director Chris Brems (cf., Brems, 2015; International Journal of Yoga Therapy).

This training is based on an evidence-based integrated holistic yoga series where participants can either choose:

- **Practice:**
  - 90-mins; 15hrs total
  - Cost: $100 (Free for alums)

- **Practice with de-brief:**
  - 2-hrs; 20hrs total
  - Discussion of experience of philosophy, breathing and posture practice on personal experience (200hr level training)
  - Cost: included in 200hr YTT

- **Practice with de-brief and didactics on teaching principles:**
  - 3-hrs; 30hr total
  - Outline and discussion of teaching principles of the EBP yoga protocol to learn to teach the protocol in their healthcare/clinical setting. (300hr level training)
  - Cost: $750 ($500 Early bird fee if registered before 2/4/22)

**Session Schedule:**
- Session 1: Exploring the Layers of Self (2/18/22)
- Session 2: Committing to the Ethical Practices of Yoga (2/25/22)
- Session 3: Finding Purpose and Meaning though Engaged Action (3/4/22)
- Session 4: Recognizing our Essential Nature and Temperament (3/18/22)
- Session 5: Exploring Clinging or Grasping, Aversion, Fear, and Ego (3/25/22)
- Session 6: Discovering Mental Preoccupations to Transcend Habit (4/1/22)
- Session 7: Identifying the Mind States to Find Luminosity (4/15/22)
- Session 8: Accessing Conscious and Discerning Decision-Making (4/22/22)
- Session 9: Choosing Lovingkindness, Compassion, Joy, and Equanimity (4/29/22)
- Session 10: Integrating Our Yoga Practice with Strength and Conviction (MONDAY; 5/2/22)