INTERIOR PRACTICES OF YOGA:
MOVING INTO AWARENESS, COMPASSION, AND WISDOM
A 30HR TRAINING (CAN BE APPLIED TO 300HR YTT)

Lead Teacher: Christiane Brems, PhD, ABPP, ERYT500, C-IAYT

Time: May 9 – 29, 2022; 30 hours (meeting 7a – 8a daily for 3 weeks; plus 3 Sundays 8a – 1p)

CE: Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost; a CE certificate is issued upon request

Cost: $500 if registering by May 1, 2022; $800 thereafter
WORKSHOP OVERVIEW

15 daily 60-minute guided interior practices AND three didactic sessions with Dr. Brems

The training highlights several dimensions of each of the interior practices. Specifically, it discusses the following concepts for pratyahara, dharana, and meditation, while also exploring the deep interaction and co-arising of the three practices as one way of finding awareness, compassion, and insight:

- Etymological and practice definitions
- Practice intentions and research-based, documented benefits
- Practice principles
- Teaching elements, including central teaching principles, means for creating accessibility to the practices, and types of practices
- 15 daily experiential practices

These consideration of the totality of all of these components creates a holistic and accessible picture of the practice with particular applicability for healthcare providers and yoga teachers in healthcare settings. By considering all of these elements of the interior practices, as well as their relationship to popular mindfulness practices, helps trainees apply pratyahara, dharana, and dhyana in two ways:

- Application for personal self-care, resilience, and burnout prevention
- Application with a range of clients, patients, and students to support their resilience and wellbeing across all the koshas and within the context of any particular life challenges they may face

The training provides experiential practices of joint sitting and debriefing to help facilitate the development of a personal home practice. It provides ample didactics, based in the ancient wisdoms of yoga and Buddhism, as well as modern neuroscience and psychology. It provides opportunity for trainees to apply their learning in small group teaching sessions.