Yoga for Mental Health: Cultivating Emotional Resilience and Fortitude

Dates: July 30/31, 2022 and August 27/28, 2022
Time: 8A-5PM PST
Cost: $800 tuition for this 30-hour workshop (early bird fee is $500 if paid by July 10, 2022) or Yogax YTT300 prepaid enrollment
Virtual Synchronous Instruction

This advanced 30hr training is grounded in a holistic and integrated model of teaching yoga with deep intention and a collaborative, student-centered approach. It emphasizes empowerment, self-agency, and self-efficacy of students or clients to embrace a yoga practice that creates resilience, hope, and healing. It focuses on helping teachers or clinicians consider the whole of each student or client, deeply understanding students’ and clients’ bigger context and building the practice around student needs. This integrated holistic vision of yoga is one of inclusiveness, access, diversity, health, wellbeing, and resilience for all. It is a practice of and for community; it honors our interdependence and co-regulation.

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

Instructor:
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