

YOGA FOR TRAUMA AND PTSD

A WORKSHOP FOR PRACTITIONERS

Counselors, Therapists, Practitioners...
Learn techniques to help your clients find healing through Yoga.

In this Workshop, you will learn:

- A healing alternative to talk therapy.
- A way for your clients to feel more comfortable in, and accepting of, their bodies.
- Breathing techniques to change a person's emotional state by increasing heart rate variability and heart-coherence—it sends a message of relaxation to every system of the body.
- Experiences that teach clients they are different from their thoughts.

Yoga is not a replacement for psychotherapy but can greatly benefit clients through:

- Exercise
- Relaxation
- Deep Breathing
- Support of spiritual practices and beliefs
- Community

This workshop will provide you with tools to help your clients heal on a deeper level.

Handouts provided.



The Body/Mind Connection is the Future of Therapy



Yoga facilitates integration of mind, body and spirit for well-being

JUNE 18

1-4 PM

\$50.00

217-698-8177

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SIGN UP ONLINE!

