



subtleyoga
shift perspective

Subtle® Yoga Trainings for Behavioral Health Professionals

Subtle® Yoga courses are a unique offering of holistically oriented, mind-body behavioral healthcare. You are welcome to take any Subtle® Yoga modules on an individual basis (as multiple or sole trainings) or in any order, except for the Subtle® Yoga Teacher Training Certification for Behavioral Health Professionals: Teaching Yoga to Individuals and Groups (RYT200) which begins in Spring of 2019. If you would like to attend this training, you must fulfill the pre-requisites listed as 1, 2, 3 and 4 below, before attending # 5 (below), which is the full teacher training. The combined hours of the trainings listed below will qualify participants to register with the Yoga Alliance as a 200 hour Registered Yoga Teacher (RYT).

1. Any one of the following one day Introductions:
 - (a) February 8, 2018: Subtle® Yoga for Trauma Recovery: A One Day Introduction
 - (b) March 8, 2018: Subtle® Yoga for Chronic Pain
 - (c) April 25, 2018: Subtle® Yoga for Positive Mental Health: Brief Interventions
2. September 7-8, 2018: Applying Subtle® Yoga in Clinical Practice (*you may substitute 2 of the above one-day trainings for this two-day requirement*)
3. October 11-13, 2018: Subtle® Yoga for Behavioral Health Intensive: Anxiety and Depression
4. November 1-3, 2018: Subtle® Yoga for Behavioral Health Intensive: Trauma, Addiction and Recovery
5. February 7-10, 2019, March 14-17, 2019, April 11-14, 2019, and May 30-June 2, 2019:
Subtle® Yoga Teacher Training Certification for Behavioral Health Professionals: Teaching Yoga to Individuals and Groups (*Four, 4-day Trainings with 102.0 Hours and 4.0 Ethics Hours*)

Subtle® Yoga is an exceptionally adaptable, person-centered approach to yoga practice which may be tailored to meet the needs of clients with differing abilities. It fosters the development of attention and mindfulness, and promotes spiritual development in the context of any belief system. Please dress in layers and wear comfortable clothing in which you may freely move. You are welcome to bring a yoga mat.

1a. Subtle® Yoga for Trauma Recovery: A One Day Introduction

1 Day (7.0 hours)
February 8, 2018
Registration: 8:00 am - 8:30 am
Time: 8:30 am - 5:15 pm
See registration form for fees

MH NAADAC: 7.00
MH NBCC: 7.00
MH Psychologists: 7.00
CEUs: 0.70
Contact hours: 7.00

"It's interesting that right now there are about six to ten million people in America who practice yoga... They've discovered that there's something they can do to regulate their internal systems."

- Bessel van der Kolk, MD author,
The Body Keeps the Score

DESCRIPTION

Subtle® Yoga incorporates ethical engagement, breathing techniques, healing movement, meditation, and other practices which can improve mental health, and foster resiliency in the body and mind. In this workshop participants will learn basic yoga practices to improve the symptoms of trauma, including brief interventions for self-soothing and grounding, and longer terms strategies for befriending the body, regulating the nervous system, and moving toward self-regulation and empowerment.

Research findings on the efficacy of yoga for PTSD will be presented, including understandings of how yoga recruits neuroplasticity to effect healing through both top-down and bottom up strategies. The benefits of yoga in clinical settings will be explored. Opportunity to practice yoga during the workshop will help participants learn to utilize basic skills to help improve client outcomes and for clinician self-care.

Subtle® Yoga is an exceptionally adaptable approach to yoga practice which is person centered and can be tailored to clients with differing abilities. It fosters the development of attention and mindfulness, and promotes spiritual development in the context of any belief system. Please wear comfortable clothes to move in and dress in layers. You are welcome to bring a yoga mat.

OBJECTIVES

Participants will be able to:

- Incorporate basic Subtle® Yoga techniques to address trauma in clinical practice
- List trauma informed best practices for using yoga clinically and how to present Subtle® Yoga techniques to diverse groups with different belief systems and a range of movement abilities
- Demonstrate Subtle® Yoga techniques for clinical practice with clients, while practicing techniques in class which may also be used for clinician self-care

1b.

Subtle® Yoga for Chronic Pain

1 Day (7.0 hours)

March 8, 2018

Registration: 8:00 am - 8:30 am

Time: 8:30 am - 5:15 pm

See registration form for fees

MH NAADAC: 7.00
MH NBCC: 7.00
MH Psychologists: 7.00
CEUs: 0.70
Contact hours: 7.00

DESCRIPTION

Chronic pain poses a significant public health problem which is complex, difficult to treat and, according to some estimates, cost the U.S. more than \$600 billion a year. Because of the risk of opioid abuse, addiction, and diversion in the treatment of chronic pain, a broad and integrated approach is essential. Chronic pain is best understood as a psychophysiological behavior pattern that eschews separation into distinct, independent psychosocial and physical components. An approach to chronic pain that incorporates evidence-based somatic/cognitive interventions such as yoga can help clients reduce stress, control pain, and use less medication.

Research has demonstrated that chronic pain alters brain structure, decreasing gray matter volume and reducing the integrity of white matter connectivity. According to Catherine Bushnell, scientific director of the National Center for Complementary and Integrative Health (NCCIH) at the U.S. National Institutes of Health (NIH), "Practicing yoga has the opposite effect on the brain as does chronic pain."

In this one day workshop, participants will learn Subtle® Yoga techniques which can help reduce chronic pain and foster neuroplasticity including chair yoga practices, meditation, breathing practices, grounding, and self massage. Opportunity to practice yoga during the workshop will help participants learn to guide basic yoga techniques which may improve client outcomes.

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OBJECTIVES

Participants will be able to:

- Demonstrate safe and effective Subtle® Yoga techniques to help clients manage stress, recruit neuroplasticity, improve function, and reduce pain
- Provide clients who suffer from chronic pain with yoga-based self-care skills
- List key movement precautions for each yoga technique, especially important to apply when guiding chair based yoga practices

1c. Subtle® Yoga for Positive Mental Health: Brief Interventions

1 Day (7.0 hours)

April 25, 2018

Registration: 8:00 am - 8:30 am

Time: 8:30 am - 5:15 pm

See registration form for fees

MH NAADAC: 7.00
MH NBCC: 7.00
MH Psychologists: 7.00
CEUs: 0.70
Contact hours: 7.00

DESCRIPTION

A growing body of research demonstrates the efficacy of yoga for mental health, including the neurobiologic benefits of these ancient practices. Healthcare is often delivered in a fast-paced, volume based context. During this one day workshop, participants will learn how to guide clients through several safe, effective, yoga-based interventions which can provide clients with tools for self-regulation, grounding and empowerment. With minimal training, athletic or physical capacity, most people can learn some of these safe skills. Healthcare professionals may begin to experience the powerful benefits and share these practices safely with others.

Subtle® Yoga is an exceptionally adaptable person-centered approach to yoga practice which may be tailored to clients with differing abilities. It fosters the development of attention and mindfulness, and promotes spiritual development in the context of any belief system. Please wear comfortable clothes to move in and dress in layers. You are welcome to bring a yoga mat.

OBJECTIVES

Participants will be able to:

- Demonstrate the ability to teach several brief Subtle® Yoga interventions which can support clients' self-regulation
- Demonstrate at least 5 postures, breathing and meditation practices which may be integrated into individual and group interventions to help mitigate symptoms of depression and anxiety
- Describe the top-down and bottom-up neurobiological basis for the effectiveness of Subtle® Yoga interventions

2. Applying Subtle® Yoga in Clinical Practice

2 Days (14.0 hours)
September 7-8, 2018
Registration: 8:00 am - 8:30 am
Sept 7: 8:30 am - 5:00 pm
Sept 8: 8:30 am - 5:00 pm
See registration form for fees

MH NAADAC: 14.0
MH NBCC: 14.0
MH Psychologists: 14.0
CEUs: 1.40
Contact hours: 14.0

DESCRIPTION

Yoga has been shown to reduce cortisol levels, depression, disordered eating, PTSD symptoms, chronic pain and insomnia. It can also increase mindfulness, immune function, energy levels, and an overall sense of well-being. A history of the yoga tradition and its evolution in the United States will be reviewed to provide insight into yoga's key theoretical principles and its relationship with behavioral health theory and practice. Moving from theory to application, participants will learn the neuroscientific underpinnings of the physiological and psychological connection between yoga and mental health. Research and skills to support the application of yoga across the spectrum of behavioral healthcare (treatment, aftercare, prevention and health promotion) will be presented. Participants will learn how to implement accessible Subtle® Yoga techniques including postures, breathing, and meditation. Case studies on incorporating yoga into behavioral health will provide details on the practicalities of integration.

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OBJECTIVES

Participants will be able to:

- Describe the historical and cultural context of yoga as complementary to the behavioral health profession
- Explain the scope and depth of yoga practice from a public health perspective
- List key tenets of how the basic neuroscience of how yoga promotes mental health and recovery
- Demonstrate at least five Subtle® Yoga techniques which may be applied as clinical interventions

3. Subtle® Yoga for Mental Health Intensive: Anxiety and Depression

3 Days (20 hours)
October 11-13, 2018
Registration (Day 1): 9:30 am - 10:00 am
Day 1: 10:00 am - 5:30 pm
Registration (Day 2 & 3): 8:00 am - 8:30 am
Day 2: 8:30 am - 5:30 pm
Day 3: 8:30 am - 5:15 pm
See registration form for fees

MH NAADAC: 20.00
MH NBCC: 20.00
MH Psychologists: 20.00
CEUs: 2.00
Contact hours: 20.00
***This course contains
3.25 hours of ethics***

DESCRIPTION

Yoga offers a holistically oriented, cost-effective approach that complements current treatment strategies for mental health and substance use disorders. Murali Doraiswamy, a Duke University researcher who conducted a systematic review of yoga for neuropsychiatric disorders concluded, "The search for improved treatments, including non-drug based, to meet the holistic needs of patients is of paramount importance. If the promise of yoga on mental health was found in a drug, it would be the best-selling medication worldwide." In this module, participants will learn basic Subtle® Yoga practices (including breathing, postures, and meditation) which they can share with clients to assist in mitigating depression and anxiety.

Participants will be able to identify the rationale for using holistic approaches, while learning effective Subtle® Yoga techniques to use in individual or group settings. Two hours of this module will be spent on the ethical frameworks of yoga including mindfulness, reflection on the use of one's inner self in clinical practice, interpersonal communication, and decision making. The yoga model of ethics will be compared and contrasted with various mental health professional codes of ethics.

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OBJECTIVES

Participants will be able to:

- Integrate and demonstrate postures, breathing and meditation which may be used as individual and group interventions to help mitigate symptoms of depression and anxiety
- Describe the yoga ethics framework and its significance in relationship to behavioral health professional ethics and practice
- List and explain basic tenets of a yoga-informed biopsychosocial spiritual model, which utilizes effective yoga practices to mitigate symptoms of depression and anxiety

4. Subtle® Yoga for Mental Health Intensive: Trauma, Addiction, and Recovery

3 Days (21 hours)

November 1-3, 2018

Registration (Day 1): 9:30 am - 10:00 am

Day 1: 10:00 am - 5:30 pm

Registration (Day 2 & 3): 8:00 am - 8:30 am

Day 2: 8:30 am - 5:30 pm

Day 3: 8:30 am - 5:15 pm

See registration form for fees

MH NAADAC: 21.00
MH NBCC: 21.00
MH Psychologists: 21.00
CEUs: 2.1
Contact hours: 21.00

DESCRIPTION

Yoga is currently being incorporated in the Veterans Administration's treatment protocols for PTSD and complex trauma. It is also being employed as an adjunctive therapy in addiction treatment and recovery centers across the United States. In this 3-day training, participants will explore the intersection of Subtle® Yoga and addiction and trauma recovery and learn Subtle® Yoga techniques to encourage resilience, self-regulation, self-soothing and healing for the nervous system and brain. Participants will also learn the principles of trauma informed yoga and how to integrate Subtle® Yoga into individual and group sessions to help clients learn to take effective action, to tolerate and shift unwanted feelings in the body, and to experience the body as a friend and ally in the healing process.

The application of yoga techniques to assist in managing chronic pain and the role of spirituality in healing will also be explored. Participants will be introduced to a yoga-informed biopsychosocial-spiritual model that addresses treatment as well as recovery, prevention and health promotion. Review of ethical standards for behavioral health providers and yoga practitioners will help to identify alignment and areas where further exploration is needed.

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OBJECTIVES

Participants will be able to:

- Articulate the advantages of using Subtle® Yoga with clients in recovery from trauma and addiction
- Integrate postures, breathing, and meditation practices in individual and group interventions to assist clients
- Discuss the importance of spirituality as it relates to healing and identify approaches for integrating spirituality into practice
- Describe basic tenets of a yoga-based biopsychosocial spiritual model and how it may provide a framework for prevention and health promotion in the context of addiction

5. Subtle® Yoga Teacher Training Certification for Behavioral Health Professionals: Teaching Yoga to Individuals and Groups

Four, 4 Day Modules (102 hours)

February 7-10, 2019 | March 14-17, 2019 |

April 11-14, 2019 | May 30-June 2, 2019

Registration (Day 1): 10:00 am - 10:30 am

Thursday, Day 1 Program Times: 10:30 am - 5:30 pm

Registration (Day 2-4): 8:00 am - 8:30 am

Friday, Day 2 Program Times: 8:30 am - 5:30 pm

Saturday, Day 3 Program Times: 8:30 am - 5:30 pm

Sunday, Day 4 Program Times: 8:30 am - 3:30 pm

See registration form for fees

PRE-REQUISITES FOR TEACHER TRAINING: One of the following one-day classes: Subtle® Yoga for Trauma Recovery: A One-Day Introduction; Subtle® Yoga for Adult Mental Health; Subtle® Yoga for Positive Mental Health: Brief Interventions **-PLUS-** All of the following workshops: Applying Subtle® Yoga in Clinical Practice; Subtle® Yoga for Behavioral Health Intensive: Anxiety and Depression; Subtle® Yoga for Behavioral Health Intensive: Trauma, Addiction and Recovery (Note: 2 additional one-day classes listed above may be substituted for the course titled "Applying Subtle® Yoga in Clinical Practice" - no other substitutions.)

MH NAADAC: 102.00
MH NBCC: 102.00
MH Psychologists: 102.00
CEUs: 10.20
Contact hours: 102.00

**This course contains
4 hours of ethics**

DESCRIPTION

The Subtle® Yoga Teacher Training Certification for Behavioral Health Professionals focuses on learning how to practice and guide clients through yoga breathing, postures, and meditation practices which can benefit mental health and emotional well-being. Participants will learn to teach safe, effective, accessible yoga practices to individuals and groups with a focus on sharing yoga with clients in behavioral health settings. Participants will be introduced to the basics of postures including alignment, anatomy and physiology, and learn how to adapt practices for an office setting.

The theory behind sequencing guidelines which can affect behavioral health will be presented and participants will have the opportunity to practice teaching specific sequences for anxiety, depression, trauma recovery, addiction recovery, and chronic lower back pain – some of these sequences will be offered as "mat" classes, and some as "chair" classes. Particular emphasis will be placed on theory and practices which can create top-down/bottom-up integrated self-regulation as well as those which facilitate neuroplasticity and neurogenesis. Participants will also explore Carl Jung's interpretation of yoga psychology through his analysis of the "subtle body" or chakra system. Reference to yoga paradigms which inform about self-awareness, learning, communication styles, and ethical engagement will also be introduced.

OBJECTIVES

Participants will be able to:

- Describe key ethical principles which must be applied in clinical practice when teaching yoga postures to clients in mental health practice to reduce symptoms of common DSM V diagnoses, while consciously preventing harm
- Demonstrate correct application of a wide variety of yoga postures, in alignment with basic foundations of gross and subtle anatomy and physiology, which may be safely and effectively applied with clients in a clinical mental health practice
- Articulate and demonstrate the significance of subtle anatomy for optimal health in recovery, based on parallels between Eastern and Western evidence-based medical practice
- Demonstrate explicit ability to guide clients through safe, trauma-informed yogic interventions, as observed and validated by a Subtle Yoga clinical course instructor

Instructors



Kristine Kaoverii Weber, MA, eRYT500, has been teaching yoga since 1995 and training teachers since 2003. She is a registered yoga therapist and has extensive experience teaching a wide variety of students including the elderly and wheelchair users. After finishing a BA/MA degree at Georgetown University, Kristine spent several years in California studying yoga and Chinese medicine. She also lived and studied healing arts in Asia for four years. She has practiced a variety of yoga styles including Vini yoga, Iyengar, Vinyasa, Anusara, Kripalu and Acu-yoga and has completed a Therapeutic Yoga for Seniors training at Duke Integrative Medicine. Kristine is the author of *Healing Self-Massage* (Sterling 2005) and has also published articles for the *International Association of Yoga Therapy's Yoga Therapy in Practice* journal and other health-related publications. Her work has been featured in *Redbook*, *BodySense*, *Women's World*, and *Natural Health*, *Lifetime TV* online, and *Elephant Journal*.



Ashley Lester, LISW-CP, eRYT200, has been practicing clinical social work since graduating with a master's degree in social work from the University of Denver in 1996. She is Assistant Director of the Subtle Yoga Training for Behavioral Health Professionals. Ashley's practice has evolved around working with traumatized individuals and families in Boston, MA and in an integrated care setting in Asheville, NC. She currently practices through the Employee Assistance Program for the Greenville Health System in Seneca, SC. Ashley has been a yoga practitioner for more than 15 years and she received her 200 hour yoga certification at Kripalu in 2005.

Credit

For specific credit and number of contact hours, please refer to the program description in this brochure or online.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC.



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. Full attendance is required to receive credit.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance is required.

CEU: MAHEC designates this continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for Contact Hours. Full attendance is required.

Location for all MAHEC programs

MAHEC Biltmore Campus

121 Hendersonville Rd., Asheville, NC, 28803


From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

Have a question?

 Special Services:
828-257-4778

Program Director:

Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net 828-257-4728

Registration Information: 828-257-4475

Fax Registration: 828-257-4768

Online Registration: www.mahec.net

Email: registration@mahec.net

Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803

SUBTLE® YOGA 2018-2019

Updated contact info

Name _____

Credentials _____

Social Security # XXX-XX-____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Registration

Early registration deadline: 7 days prior to the program

Fee includes educational materials, administrative costs, and refreshments. **After the early registration deadline, the total fee will be the registration fee + \$15.00.**

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Lodging

Ask for the MAHEC rate

DoubleTree Asheville
115 Hendersonville Rd,
Asheville, NC 28803
(828) 274-1800

Residence Inn Asheville
701 Biltmore Ave
Asheville, NC 28803
(828) 281-3361

Aloft Asheville Downtown
51 Biltmore Ave
Asheville, NC 28801
(828) 232-2838

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Program(s) Selection:

All fees listed below are for early registration = 7 days prior to the program.

Add \$15.00 to the listed fee if you register within 7 days of the start date.

* **Students: proof of enrollment required at check-in**

1a. Subtle® Yoga for Trauma Recovery: A One Day Introduction

February 8, 2018

#18MH020/53972

\$160.00

\$145.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$85.00 for MAHEC employees, full-time students, Peer Support Specialists

1b. Subtle® Yoga for Chronic Pain

March 8, 2018

#18MH021/53973

\$160.00

\$145.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$85.00 for MAHEC employees, full-time students, Peer Support Specialists

1c. Subtle® Yoga for Positive Mental Health: Brief Interventions

April 25, 2018

#18MH022/53999

\$160.00

\$145.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$85.00 for MAHEC employees, full-time students, Peer Support Specialists

2. Applying Subtle® Yoga in Clinical Practice

September 7-8, 2018

#19MH001/54001

\$309.00

\$280.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$173.00 for MAHEC employees, full-time students, Peer Support Specialists

3. Subtle® Yoga for Mental Health Intensive: Anxiety and Depression

October 11-13, 2018

#19MH002/54002

\$360.00

\$325.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$185.00 for MAHEC employees, full-time students, Peer Support Specialists

4. Subtle® Yoga for Mental Health Intensive: Trauma, Addiction, and Recovery

November 1-3, 2018

#19MH003/54014

\$360.00

\$325.00 per person group rate

(5 or more from same agency, registering and paying at same time)

\$185.00 for MAHEC employees, full-time students, Peer Support Specialists

5. Subtle® Yoga Teacher Training Certification

Four (4-day) trainings February - June 2019

#19MH004/54029

\$2,560.00

\$2,160.00 with payment in full by December 31, 2018

→ **All Workshops in 2018/2019 Season, including Teacher Training**

\$3,300 with payment in full by April 25, 2018

Payment:

Check is enclosed

Charge my: Visa

Mastercard

Discover Card

American Express

Account # _____

Exp ____/____ Code on back of card

Name on Card _____

Signature _____

Make check payable to **MAHEC** and send to:

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121 Hendersonville Rd.

Asheville, NC 28803

Fax to: 828-257-4768

Special
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