



subtleyoga
shift perspective

Subtle Yoga Trainings for Behavioral Health Professionals

Welcome to the first yoga teacher certification sponsored by a major continuing education provider for Behavioral Health Professionals in the country. Participants are welcome to take any of these modules individually except for the Subtle Yoga Teacher Training Certification which begins in March 2016. To attend the Subtle Yoga Teacher Training Certification you need to attend all the other modules. The combined hours of all trainings listed below will qualify participants to register with the Yoga Alliance as a 200 hour Registered Yoga Teacher (RYT).

1. Introduction to Subtle® Yoga for Behavioral Health Professionals

1 Day (7.0 hours)

September 30, 2015

Time: 8:30 am - 5:15 pm

Cost: \$150.00

DESCRIPTION

Yoga incorporates breathing techniques, healing movement, meditation and other practices which can calm the body and mind. Recent research has shown Yoga has a greater positive effect on a person's mood and anxiety level than other forms of exercise. Yoga's ability to improve mood and reduce anxiety is linked to increased levels of GABA, the chief inhibitory neurotransmitter. Increasing GABA is just one of the many ways in which yoga supports mental health. Participation in this one day introduction will increase understanding on how yoga develops greater awareness and self regulation through experiencing the sensations in the body during yoga movement and breathing practices. Participants will learn basic yoga practices to help reduce anxiety and depression. 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. Yoga can be utilized by people of any physical ability and fosters spiritual development in the context of any belief system. Please wear comfortable clothes to move in and dress in layers.

OBJECTIVES

Participants will be able to:

1. Describe the essential aspects of yoga and how it relates to mental health.
2. Teach some simple and accessible yoga practices that improve mental health.
3. Explain how yoga can help meet the demand for a whole health, cost effective, integrated approach to behavioral health.
4. Understand how to refer clients to appropriate yoga classes.

2. Fundamentals of Subtle® Yoga in Clinical Practice

2 Day

November 3-4, 2015

Time: 8:30 am - 5:30 pm

Cost: \$299.00

DESCRIPTION

Yoga has been shown to reduce cortisol levels, depression, disordered eating, PTSD symptoms, chronic pain and insomnia. It also increases mindfulness, immune function, energy levels and an overall sense of well-being. An exploration of yoga's ways of knowing will provide a framework for understanding the application of yoga in behavioral health. Participants will also learn the neuroscientific underpinnings of the physiological and psychological connection between yoga and emotional well being. Research and skills to support the application of yoga in the public health domains of treatment, aftercare, prevention and health promotion will be presented. Participants will learn how to implement accessible, simple yoga techniques including postures, breathing, and meditation targeting a range of needs. Case studies on incorporating yoga into behavioral health will provide details on the practicalities of integration. Please wear comfortable clothes to move in and dress in layers.

OBJECTIVES

Participants will be able to:

1. Describe the scope and depth of yoga practice from a public health perspective.
2. Understand the basic neuroscience of how yoga promotes mental health and recovery.
3. Facilitate several basic yoga techniques in the context of a client session.

3. **Subtle® Yoga for Behavioral Health** **Module 1: Anxiety and Depression**

2.5 Days (20.0 hours with 2.0 hours of ethics content)

October 1-3, 2015

Oct. 1: 1:00pm - 8:30pm

Oct. 2: 8:30am - 5:30pm

Oct. 3: 8:30am - 4:00pm

Cost: \$350

DESCRIPTION

Yoga offers a holistically oriented, cost-effective approach that complements current treatment strategies for mental health disorders 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 simple yoga practices (including breathing, slow, safe movement and meditation) which they can share with clients to help mitigate symptoms of depression and anxiety.

Exploration of systems theory and yoga models of knowing and being will help participants learn how yoga fosters greater self and emotional awareness, and facilitates personal development. Participants will understand the rationale for using somatic-based approaches and learn 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 one's inner self, interpersonal communication, and decision making. The yoga model of ethics will be compared and contrasted with various professional codes of ethics.

OBJECTIVES

Participants will be able to:

1. Employ a yogic paradigm to enhance understanding of the nature of disease and recovery.
2. Understand the ten point yoga ethics framework and its significance in relation to professional ethics and practice.
3. Integrate postures, breathing and meditation in individual and group sessions to help mitigate symptoms of depression and anxiety.

4. **Subtle® Yoga for Behavioral Health** **Module 2: Trauma, Addiction and Recovery**

2.5 Days (20.0 hours with 2.0 hours of ethics content)

November 5-7, 2015

Nov. 5: 1:00pm - 8:30pm

Nov. 6: 8:30am - 5:30pm

Nov. 7: 8:30am - 4:00pm

Cost: \$350

DESCRIPTION

In this module, participants learn about the yogic perspective on addiction and basic yoga techniques to help clients facilitate their recovery process. Because substance use and substance use disorders correlate with higher incidences of trauma participants will be taught how to facilitate trauma sensitive yoga in this module. Participants learn about chronic pain and eating disorders in this module. Participants will be introduced to a biopsychosocial-spiritual model that informs 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.

OBJECTIVES

Participants will be able to:

1. Understand a yoga perspective on substance abuse and addictions.
2. Explain how yoga provides a framework for prevention and health promotion.
3. Describe the role of ethics in treatment, recovery, prevention and health promotion as it applies to integrating yoga into behavioral health treatment.
4. Discuss the importance of spirituality as it relates to healing and health promotion as well as approaches for integrating spirituality into practice.
5. Understand a yoga-based biopsychosocial spiritual model.

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

Pre-requisites: *Introduction to Yoga for Behavioral Health Professionals, Fundamentals of Yoga in Clinical Practice, Subtle Yoga for Behavioral Health Modules 1 and 2.*

Four, 4-Day Trainings (103.0 hours with 6.0 hours of ethics content)

March 10-13, 2016

April 14-17, 2016

May 12-15, 2016

June 9-12, 2016

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

Day 2 and 3: 8:30am - 5:30pm

Day 4: 8:30am - 3:30pm

Cost: \$2,400 total (\$600 payment prior to each session)

\$2,000 with payment by February 1, 2016

DESCRIPTION

"From a yogic perspective, there is a connection between your posture and your mood...with sustained practice you can shift your emotional baseline toward greater levels of happiness." – Dr. Timothy McCall, *Yoga as Medicine*

This final module will focus on yoga breathing, postures, meditation and on teaching methodology and pedagogy. Participants will learn the basics of alignment, anatomy, physiology, and subtle anatomy including chakras that support teaching yoga for behavioral health. Several class outlines to teach to people with various physical abilities and behavioral health issues will be provided and practiced. There will be further reference to yoga paradigms which can inform teachers about self-awareness, learning and communication styles, and other pedagogical considerations.

OBJECTIVES

Participants will be able to:

1. Describe the foundations of gross and subtle anatomy.
2. Understand the principles of effective yoga teaching.
3. Demonstrate how to teach safe yoga in four contexts (both chair classes and regular classes) and to groups with diverse backgrounds, needs and a range of movement abilities.
4. Describe the physical and psychological aspects of the subtle body.

The combined hours of the above modules will qualify participants to apply for RYT 200 Level Status with Yoga Alliance. In order to complete your certification, there are several outside of class assignments including, but not limited to: a research project, yoga class observations and evaluations of own yoga teaching.

Instructors



Kristine Kaoverii Weber, MA, eRYT500, has been studying yoga since 1989, in India as well as the U.S., teaching since 1995, and training teachers since 2003. Kristine began training mental health and substance abuse treatment professionals in the techniques of yoga therapy in 2008. She is the director of the Subtle Yoga Teacher Training for Behavioral Health Professionals program at MAHEC in Asheville, a groundbreaking training which offers Behavioral Health Professionals the opportunity to learn how to use this ancient art-science in their professional

practice and become registered yoga teachers. Currently, she is the yoga therapist at Willow Place for Women, a partial hospitalization program rehab. Kristine is the author of *Healing Self Massage* and has published articles for the *International Association of Yoga Therapist's journal*, *Yoga Therapy in Practice* as well as various health related publications. She has been featured in *Redbook*, *BodySense*, *Women's World*, and *Natural Health* magazine and *Lifetime TV's* online magazine. She presents for *YogaUonline.com* and teaches yoga workshops and trainings internationally.



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 the assistant director of the Subtle Yoga Training for Behavioral Health Professionals at MAHEC. Most of her practice has evolved around working with traumatized individuals and families in Boston, MA and in an integrated care setting in Asheville, NC. She is currently practicing as a clinician for the Counseling

and Psychological Services at Clemson University Center in SC, where she also doubles as a yoga instructor. She has been a yoga practitioner for 17 years and received her 200 hour yoga certification at Kripalu Center for Yoga and Health in 2005.

Brett Sculthorp, LCSWA, LCASA, CSAPC is the Co-Director of Subtle® Health, LLC which provides holistic yoga based training, education and services to enhance community health. He is an outpatient substance abuse and mental health therapist at Family Preservation Services and has been practicing yoga/meditation for over 25 years. He is passionate about the synergy between community health, economy and learning systems.

Credit

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

MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. 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.

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 to receive credit from the NC Psychology Board.

CEU: MAHEC designates these continuing education activities 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.

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.

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 Double Tree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge turn right and go up the hill 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 Double Tree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge turn right and go up the hill to the MAHEC Biltmore Campus.

Have a question?

Program Director:
Elaine Scherer, MAEd, BSN, RN-BC
elaine.scherer@mahec.net

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



Special Services:
828-257-4481

SUBTLE YOGA 2015-2016

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.

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**

Introduction to Yoga for Behavioral Health Professionals

September 30, 2015 #16MH012/46793

\$150.00

\$135.00 per person group rate (with 5 or more registrants)

\$75.00 for MAHEC employees, full-time students, PSS

Fundamentals of Yoga in Clinical Practice

November 3-4, 2015 #16MH013/46801

\$299.00

\$270.00 per person group rate (with 5 or more registrants)

\$163.00 for MAHEC employees, full-time students, PSS

Subtle Yoga for Behavioral Health Module 1

October 1-3, 2015 #16MH001/45521

\$350.00

\$315.00 per person group rate (with 5 or more registrants)

\$175.00 for MAHEC employees, full-time students, PSS

Subtle Yoga for Behavioral Health Module 2

November 5-7, 2015 #16MH002/45533

\$350.00

\$315.00 per person group rate (with 5 or more registrants)

\$175.00 for MAHEC employees, full-time students, PSS

Subtle Yoga Teacher Training Certification

Four (4-day) trainings March - June 2016 #16MH003/45519

\$2,400.00 with \$600 payment prior to each session

\$2,000.00 with payment in full by February 1, 2016

Register for all five MAHEC programs

\$3,080.00 with payment in full by September 23, 2015

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:

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

Fax to: 828-257-4768