



# Subtle® Yoga Trainings for Behavioral Health Professionals

STARTING APRIL 10, 2026

Join us in person or virtually via live webinar!

**LOCATION** **MAHEC Education Building**  
121 Hendersonville Road  
Asheville NC 28803

**SESSION 1** **Subtle® Yoga for Chronic Pain**  
Friday, April 10, 2026

**SESSION 2** **Applying Subtle® Yoga Clinical  
Techniques for Reducing  
Anxiety and Depression**  
Thursday, August 13, 2026  
Friday, August 14, 2026

**SESSION 3** **Subtle® Yoga for Trauma,  
Addiction, and Recovery**  
Wednesday, November 11, 2026  
Thursday, November 12, 2026  
Friday, November 13, 2026

## HAVE A QUESTION?



### Special Services

828-579-2098

#### Program Planner

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MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

#### Online Registration

[mahec.net/events](https://mahec.net/events)

## SERIES DESCRIPTION

**REGISTER**

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 or sign up for all three modules in the series at the reduced rate.

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.

## IN-PERSON DIRECTIONS

**MAHEC Education Building**  
**121 Hendersonville Road**  
**Asheville, NC 28803**

**DIRECTIONS**

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.

**From I-40 W:** 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.

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.

MAHEC's Department of Continuing Professional Development conducts regional, statewide, and national programs that are designed to meet the education and training needs of health and human service professionals in the fields of allied health, oral health, medicine, mental health, nursing, and pharmacotherapy. Learn more at [mahec.net/cpd](https://mahec.net/cpd).

## TARGET AUDIENCE

Mental health professionals including Substance Use Counselors, Licensed Clinical Social Workers, Psychologists, Licensed Clinical Mental Health Counselors, Licensed Marriage and Family Therapists, School Counselors, and other professionals interested in this subject.

## Subtle® Yoga for Chronic Pain

Chronic pain poses a significant public health problem which is complex, difficult to treat, and—according to some estimates—costs the United States more than \$600 billion per year. Research suggests that, due to 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 cannot be separated into distinct, independent, psychosocial and physical components. An approach to chronic pain that incorporates evidence-based somatic and cognitive interventions such as yoga can help clients reduce stress, control pain, and use less medication.

Studies have shown that chronic pain leads to structural brain alterations, including decreased gray matter volume within nociceptive inhibitory pathways and reduced white matter integrity affecting neural 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 are introduced to Subtle® Yoga techniques which may help reduce chronic pain and foster neuroplasticity, including chair yoga practices, meditation, breathing practices, grounding, and self-massage. The opportunity to practice yoga during the workshop will help participants learn to guide clients through basic yoga techniques to improve client outcomes.

### Upon completion of this workshop, participants will be able to:

- Differentiate chronic from acute pain and describe key neuropsychological understandings of chronic pain
- Describe the principles of Comprehensive Integrative Pain Management and other models identified in national initiatives for reducing chronic pain
- List the rationale for integrating yoga into chronic pain management
- Demonstrate at least five yoga practices (ex: postures, breathing techniques, and meditation) to help clients reduce stress, enhance neuroplasticity, improve inhibitory control, increase pain tolerance, and reduce overall pain
- Describe how to present Subtle® Yoga techniques to diverse groups with different belief systems and to individuals who exhibit a wide range of movement abilities
- Demonstrate Subtle® Yoga techniques for clinical practice with clients
- Explain how Subtle® Yoga techniques may also be used for clinician self-care and to maintain optimal awareness, congruent with the highest ethical standards of clinical practice

### Join us for this one-day workshop!

<b>DATE</b>	<b>Friday, April 10, 2026</b>
<b>CHECK-IN</b>	<b>8:00 am–8:30 am</b> <i>(light breakfast provided on-site)</i>
<b>PROGRAM</b>	<b>8:30 am–5:00 pm</b> <i>(lunch provided on-site)</i>

# Applying Subtle® Yoga Clinical Techniques for Reducing Anxiety and Depression

Approximately 23.08% of American adults experienced a mental illness in 2024, equivalent to nearly 60 million people. In April 2024, 21% of US adults reported experiencing anxiety or depression symptoms (US Census Bureau). On an annual basis, mental health issues cost the US economy more than \$280 billion, with an impact comparable to that of a recession (Sperling 2024). On both anxiety and depression measures, the US ranks just below Monaco, Finland, and Gabon on depression and just below Peru, Greece, and Cyprus on anxiety. Statistics over time reveal a continued decline in mental health, relative to anxiety and depression, both overall and in relation to other countries.

Research has shown that Yoga reduces stress hormones, increases neuroplasticity, reduces emotional reactivity and rumination, increases attention regulation, mind-body awareness, and resilience.

In this training, 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 to behavioral health theory and practice. Through an integration of traditional knowledge with scientific findings, participants will learn the neuroscientific underpinnings of the physiological and psychological connection between yoga and mental health. Even more importantly, moving from theory to practice, participants will learn how to implement accessible Subtle® Yoga techniques including postures, breathing, meditation, and ethics. Skills to support the application of yoga across the spectrum of behavioral health care (treatment, aftercare, prevention, and health promotion) will be presented. Case studies incorporating yoga into behavioral health care will be provided, as well as a highly-relevant research review.

Subtle® Yoga is an exceptionally adaptable, trauma-informed approach to yoga practice. It is person-centered and may be tailored to meet the needs of clients with differing abilities and preferences. It fosters a balance between psychological, spiritual, and physical function, and provides a foundation for mindful awareness.

## Upon completion of this workshop, participants will be able to:

- Describe the historical and cultural context of yoga and how this complements contemporary neuroscience
- List the key rationale for integrating yoga into a mental health care including neuroscientific principles of how yoga promotes mental health
- Understand the basic principles of whole person health and how yoga aligns with this model
- Demonstrate at least five yoga techniques (postures, breathing, and meditation) to help clients improve emotional regulation through energizing and grounding
- List key principles of how to integrate yoga into a clinical setting, primarily by creating safety
- Describe 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
- Explain how Subtle® Yoga techniques may also be used for clinician self-care and to maintain optimal awareness, congruent with the highest ethical standards of clinical practice
- From a foundational goal of promoting safety, list key movement precautions for each yoga technique, which are particularly important when guiding chair-based yoga practices

Join us for this two-day workshop!

**DAY 1**      **Thursday, August 13, 2026**

**DAY 2**      **Friday, August 14, 2026**

**CHECK-IN**    **8:00 am–8:30 am**  
*(light breakfast provided on-site)*

**PROGRAM**    **8:30 am–5:00 pm**  
*(lunch provided on-site)*

# Subtle® Yoga for Trauma, Addiction, and Recovery

The National Council for Behavioral Health (2022) reports that 70% of adults in the United States have experienced some type of traumatic event at least once in their lives. That's 223.4 million people. Research consistently demonstrates a substantial overlap between the experience of trauma and the presence of substance use disorders. General population surveys indicate that approximately 75% of individuals who meet the criteria for a substance use disorder have also experienced a traumatic event at some point in their lives. This high percentage

underscores the strong association between these two conditions within the broader community. Notably, the rates of trauma exposure are even higher among individuals actively seeking treatment for a substance use disorder, with some studies reporting that up to 95% of them have a history of trauma. This data underscores the importance of treatment approaches which both acknowledge and address this reality.

Yoga offers a holistically-oriented, cost-effective approach that complements current treatment strategies for mental health and substance use disorders. Murali Doraiswamy, MBBS, a Duke University researcher, conducted a systematic review of yoga in the treatment of neuropsychiatric disorders. He concluded that, "If the promise of yoga for effective mental health care was found in a drug, it would be the best-selling medication worldwide."

Yoga is currently being incorporated into 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 three-day training, participants will be able to explore the intersection of Subtle® Yoga and addiction and trauma recovery. Subtle® Yoga techniques are presented to encourage resilience, self-regulation, self-soothing, and to facilitate healing of the nervous system and brain. Participants will be introduced to a yoga-informed, biopsychosocial-spiritual model that addresses treatment as well as recovery, prevention, and health promotion. Principles of trauma-informed yoga are emphasized, as participants integrate Subtle® Yoga into individual and group sessions designed to help clients tolerate and shift unwanted feelings in the body, and to experience the body as a friend and ally in the healing process.

## Upon completion of this workshop, participants will be able to:

- Define basic concepts related to trauma and addictions
- Describe the neurobiology of trauma and addictions, including how they are encoded in the body
- List the basic tenets of a yoga-informed, biopsychosocial-spiritual model that supports trauma healing
- Describe a step-wise process for addiction treatment and adaptive attachment
- List the basic principles of whole person health and how yoga aligns with this model
- Demonstrate at least five techniques (postures, breathing, and meditation practices) to help clients improve emotional regulation through energizing and grounding practices
- Describe the yoga ethics framework that supports self-regulation, professional development, and a sense of meaning
- List key principles of how to integrate yoga into a clinical setting, while fostering physical and emotional safety
- Describe how to present Subtle® Yoga techniques to diverse groups with different belief systems and a wide range of movement abilities
- Demonstrate Subtle® Yoga techniques for clinical practice with clients
- Explain how Subtle® Yoga techniques may also be used for clinician self-care and to maintain optimal awareness, congruent with the highest ethical standards of clinical practice
- From a foundational goal of promoting safety, list key movement precautions for each yoga technique, which are particularly important to apply when guiding chair-based yoga practices

## Join us for this three-day workshop!

**DAY 1**      **Wednesday, November 11, 2026**

**DAY 2**      **Thursday, November 12, 2026**

**DAY 3**      **Friday, November 13, 2026**

**CHECK-IN**    **8:00 am–8:30 am**  
*(light breakfast provided on-site)*

**PROGRAM**    **8:30 am–5:00 pm**  
*(lunch provided on-site)*

## CREDIT OFFERINGS



**NBCC:** 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 their 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.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this continuing education activity as meeting the criteria for contact hours.

### SESSION 1 Subtle® Yoga for Chronic Pain

**NBCC:** 7.0  
**Psychologists:** 7.0  
**CEUs:** 0.7  
**Contact Hours:** 7.0

### SESSION 3 Subtle® Yoga for Trauma, Addiction, and Recovery

**NBCC:** 21.0  
**Psychologists:** 21.0  
**CEUs:** 2.1  
**Contact Hours:** 21.0

**This course includes  
3.25 hours of ethics.\***

### SESSION 2 Applying Subtle® Yoga Clinical Techniques for Reducing Anxiety and Depression

**NBCC:** 14.0  
**Psychologists:** 14.0  
**CEUs:** 1.4  
**Contact Hours:** 14.0

**This course includes  
2.25 hours of ethics.\***

*\*Please note that ethics hours do not apply to NC Psychology credit.*

## SERIES FACULTY



**Kristine Kaoverii Weber, MA, c-IAYT, eRYT500**, has been an avid student of yoga since 1989, teaching yoga since 1995, and training yoga teachers since 2003. She is the director of the Subtle® Yoga Teacher Training for Behavioral Health Professionals program at the University of North Carolina Health Sciences at MAHEC in Asheville and the yoga therapy representative of the Integrative Health Policy Consortium, where she advocates for the integration of yoga into the healthcare system. She is also a member of the Yoga Advisory Committee of the Alzheimer's Prevention and Research Association. Kristine presents international workshops and trainings and is frequently invited to present at healthcare and mental health conferences. She is the author of *Healing Self Massage* and has published numerous articles. Her work has been featured in *Forbes*, *The Wall Street Journal*, *Yoga Therapy Today*, *YogaU*, *Redbook*, *BodySense*, *Women's World*, *Natural Health*, and Lifetime TV.

Find out more at [www.subtleyoga.com](http://www.subtleyoga.com).



**Brett Sculthorp, LCSW, LCAS, CPS**, is a Licensed Clinical Social Worker (LCSW), a Licensed Clinical Addiction Specialist (LCAS), and a Certified Prevention Specialist (CPS). He works with individuals, couples, and groups. Brett's clinical focus is on trauma care and he utilizes the therapeutic modalities of Brainspotting, ego state work, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy, Trauma Release Exercises, and Psychotherapy in addition to the physical, psychological, and spiritual practices of the yoga tradition. Brett's prevention work focuses on community building, including educating people about the social determinants

of health, integrative futures studies and other strategic planning methodologies, local economics, and social entrepreneurship principles. Brett's writing has been featured in *Yoga Therapy in Practice*.

He has been practicing yoga for more than 35 years.

**FOR MORE INFORMATION OR TO REGISTER FOR THIS SERIES, PLEASE VISIT  
US ONLINE AT [MAHEC.NET/YOGA](http://MAHEC.NET/YOGA) OR SCAN THE QR CODE AT RIGHT.**

