



# Subtle® Yoga Trainings for Behavioral Health Professionals

Starting October 2022 | Attend in person or via live webinar!

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 Fall of 2023. If you would like to attend this training, you must fulfill pre-requisites 1-4 (listed below) before attending #5 (also below), which is the full teacher training. The combined hours of the trainings listed below will qualify participants to apply for registration with the Yoga Alliance as a 200-hour Registered Yoga Teacher (RYT).

1. Any one of the following one-day Introductions:

- (a) **October 28, 2022:** Subtle® Yoga for Trauma Recovery: A One-Day Introduction
- (b) **November 11, 2022:** Subtle® Yoga for Chronic Pain: A One-Day Introduction
- (c) **December 2, 2022:** Subtle® Yoga for Positive Mental Health: Brief Interventions

*"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 of *The Body Keeps the Score*

2. **February 9-10, 2023:** Applying Subtle® Yoga in Clinical Practice

(you may substitute 2 of the above one-day trainings for this two-day requirement)

3. **March 9-11, 2023:** Subtle® Yoga for Behavioral Health Intensive: Anxiety and Depression

4. **April 14-16, 2023:** Subtle® Yoga for Behavioral Health Intensive: Trauma, Addiction, and Recovery

5. **September 7-10, 2023; October 26-29, 2023; November 16-19, 2023; and December 14-17, 2023:**

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

**DURATION** 1 Day (7.0 hours)  
**DATE** Friday, October 28, 2022  
**REGISTRATION PROGRAM** 8:00 am–8:30 am (light breakfast provided)  
8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

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

[CLICK HERE TO REGISTER](#)



*If there is inclement weather, this course will be converted to live webinar only.*

### 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 term 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. The 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.

### OBJECTIVES

Upon completion of this workshop, 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 applying techniques in class which may also be used for clinician self-care to maintain optimal awareness, congruent with the highest ethical standards of clinical practice

## 1b. Subtle® Yoga for Chronic Pain: A One-Day Introduction

**DURATION** 1 Day (7.0 hours)  
**DATE** Friday, November 11, 2022  
**REGISTRATION PROGRAM** 8:00 am–8:30 am (light breakfast provided)  
8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

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

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If there is inclement weather, this course will be converted to live webinar only.

### DESCRIPTION

Chronic pain poses a significant public health problem which is complex, difficult to treat and—according to some estimates—costing 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 and 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 by 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. The opportunity to practice yoga during the workshop will help participants learn to guide basic yoga techniques, which may improve client outcomes.

### OBJECTIVES

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

- Demonstrate safe & 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

**DURATION** 1 Day (7.0 hours)  
**DATE** Friday, December 2, 2022  
**REGISTRATION PROGRAM** 8:00 am–8:30 am (light breakfast provided)  
8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

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

[CLICK HERE TO REGISTER](#)



If there is inclement weather, this course will be converted to live webinar only.

### 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.

### OBJECTIVES

Upon completion of this workshop, 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

<b>DURATION</b>	2 Days (14.0 hours)
<b>DATE</b>	<b>Thursday, February 9, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)
<b>DATE</b>	<b>Friday, February 10, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

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

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If there is inclement weather, this course will be converted to live webinar only.

### 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 U.S. 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.

### OBJECTIVES

Upon completion of this workshop, 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 yoga promotes mental health and recovery
- Demonstrate at least five Subtle® Yoga techniques which may be applied as clinical interventions

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

<b>DURATION</b>	3 Days (20.0 hours)
<b>DATE</b>	<b>Thursday, March 9, 2023</b>
<b>REGISTRATION PROGRAM</b>	9:30 am–10:00 am (light breakfast provided) 10:00 am–5:15 pm (lunch provided)
<b>DATE</b>	<b>Friday, March 10, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)
<b>DATE</b>	<b>Saturday, March 11, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

**MH NAADAC:** 20.0  
**MH NBCC:** 20.0  
**MH Psychologists:** 20.0  
**CEUs:** 2.0  
**Contact Hours:** 20.0

**This course includes 3.25 hours of ethics (does not apply to NC Psychology credit).**

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If there is inclement weather, this course will be converted to live webinar only.

### DESCRIPTION

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 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.

Objectives listed on next page »

## OBJECTIVES

### Upon completion of this workshop, 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 the 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 Behavioral Health Intensive: Trauma, Addiction, and Recovery

<b>DURATION</b>	3 Days (20.0 hours)
<b>DATE</b>	<b>Friday, April 14, 2023</b>
<b>REGISTRATION PROGRAM</b>	9:30 am–10:00 am (light breakfast provided) 10:00 am–5:15 pm (lunch provided)
<b>DATE</b>	<b>Saturday, April 15, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)
<b>DATE</b>	<b>Sunday, April 16, 2023</b>
<b>REGISTRATION PROGRAM</b>	8:00 am–8:30 am (light breakfast provided) 8:30 am–5:00 pm (lunch provided)

See registration form on last page for fees.

**MH NAADAC:** 20.0  
**MH NBCC:** 20.0  
**MH Psychologists:** 20.0  
**CEUs:** 2.0  
**Contact Hours:** 20.0

**This course includes  
3.25 hours of ethics  
(does not apply to NC  
Psychology credit).**

[CLICK HERE TO REGISTER](#)



*If there is inclement weather, this course will be converted to live webinar only.*

## 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.

## OBJECTIVES

### Upon completion of this workshop, 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 the 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

**DURATION** Four 4-Day Modules (102 hours)

**MODULE 1** September 7-10, 2023

**MODULE 2** October 26-29, 2023

**MODULE 3** November 16-19, 2023

**MODULE 4** December 14-17, 2023

### TIME FRAME (same for all four modules)

**Registration (Day 1, Thursday):** 10:00–10:30 am

**Program (Day 1, Thursday):** 10:30 am–5:15 pm

**Registration (Days 2-3, Friday–Saturday):** 8:00–8:30 am

**Program (Days 2-3, Friday–Saturday):** 8:30 am–5:30 pm

**Registration (Day 4, Sunday):** 8:00–8:30 am

**Program (Day 4, Sunday):** 8:30 am–3:00 pm

Light breakfast provided for in-person attendees (all modules)

Lunch provided for in-person attendees (all modules)

See registration form on last page for fees.

**MH NAADAC:** 102.0

**MH NBCC:** 102.0

**MH Psychologists:** 102.0

**CEUs:** 10.2

**Contact Hours:** 102.0

**This course includes  
4.0 hours of ethics  
(does not apply to NC  
Psychology credit).**

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*If there is inclement weather, this course will be converted to live webinar only.*

## PREREQUISITES FOR TEACHER TRAINING

### One of the following one-day classes:

- Subtle® Yoga for Trauma Recovery: A One-Day Introduction
- Subtle® Yoga for Chronic Pain: A One-Day Introduction
- 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

\*2 additional one-day classes may be substituted for the course titled "Applying Subtle® Yoga in Clinical Practice" (no other substitutions permitted)

## 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

### Upon completion of this workshop, 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.

*"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."*

— Timothy McCall, MD  
Author of *Yoga as Medicine*

## FACULTY



**Ashley Lester, LISW-CP, RYT500**, 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 has practiced in a variety of professional environments, including therapeutic work with traumatized individuals and families in Boston, MA; an integrated care setting in Asheville, NC; and an Employee Assistance Program based in Seneca, SC. Ashley has lived and studied in Mexico and endeavors to provide fluent, culturally-competent care to her clients, while seamlessly applying Subtle® Yoga in her professional practice and teaching other licensed professionals how to apply Subtle® Yoga in a variety of professional settings. Ashley has been a yoga practitioner for more than 15 years; she received her 200-hour yoga certification at Kripalu in 2005, and received her 500-hour yoga certification from Subtle® Yoga in 2021. She presently works in a specialized integrated care setting for Prisma Health in Seneca, SC.



**Kristine Weber, MA, C-IAYT, eRYT500, YACEP**, is Director of Subtle® Yoga, and Subtle® Yoga Training for Behavioral Health Professionals. She 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 wide variety of formal yoga styles over a period of many years, and has also 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*.

*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.*

## IN-PERSON LOCATION

**MAHEC Education Building  
Mary C. Nesbitt Biltmore Campus  
121 Hendersonville Road, Asheville, NC 28803**

**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.



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## CREDITS

**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 #165445. MAHEC is solely responsible for all aspects of their programming.



**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 programming.

**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 live 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 live continuing education activity as meeting the criteria for contact hours.

## REGISTRATION

**Early registration deadline: 7 days prior to program start**

**Please Note:** The early registration deadline for the Teacher Training Certification beginning on September 7, 2023, has an early registration deadline of December 1, 2022, not seven days prior.

Fees include administrative costs, educational materials, a light breakfast, and lunch. 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. Any registrations received without an accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

### HAVE A QUESTION?

#### Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS, CFT

[barbara.warren@mahec.net](mailto:barbara.warren@mahec.net) or 828-257-4728



### Special Services

828-257-4778

### REGISTRATION INFORMATION

828-257-4475

### FAX REGISTRATION

828-257-4768

### ONLINE REGISTRATION

[www.mahec.net/cpd](http://www.mahec.net/cpd)

### EMAIL

[registration@mahec.net](mailto:registration@mahec.net)

### MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

## Subtle® Yoga Trainings for Behavioral Health Professionals 2022-2023 (in person or via live webinar)

By registering for this conference, you are granting permission for your contact information to be shared with Subtle® Yoga staff, who are joint providers of this continuing education activity.

All paid fees listed at right are for early registration only (7 days prior to program start). Add \$15.00 to the listed fee if you register within 7 days of the start date. Students must show proof of enrollment at check-in.

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX-\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL 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 MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE  Vegetarian  Gluten-free  Vegan

### All workshops in 2022/2023 season, including Teacher Training

\$3,300.00 with payment in full by October 21, 2022

Select your attendance preference for all workshops listed at right.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Send registration form to: MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

Fax form to:  
828-257-4768

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

October 28, 2022

Event #66772

\$160.00

\$145.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$85.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

### 1b. Subtle® Yoga for Chronic Pain: A One-Day Introduction

November 11, 2022

Event #66778

\$160.00

\$145.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$85.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

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

December 2, 2022

Event #66780

\$160.00

\$145.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$85.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

### 2. Applying Subtle® Yoga in Clinical Practice

February 9-10, 2023

Event #66784

\$309.00

\$280.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$173.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

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

March 9-11, 2023

Event #66793

\$360.00

\$325.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$185.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

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

April 14-16, 2023

Event #66787

\$360.00

\$325.00 group rate for five or more from the same agency  
(must register and pay at the same time)

\$185.00 for Students / MAHEC RN Refresher Students / PSS\*

I will be attending:  in person at MAHEC  via live webinar

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

Four 4-Day Trainings (Sept–December, 2023)

Event #66774

\$2,160.00 with payment in full by December 1, 2022

\$2,560.00 if paying on or after December 2, 2022

\$320.00 for MAHEC Employees

I will be attending:  in person at MAHEC  via live webinar

\*ID card may be requested for Peer Support Specialists