

KULA FOR KARMA

## ADVANCED TEACHER TRAINING

# YOGA FOR MENTAL HEALTH: TRAUMA & ADDICTION

For Yoga Teachers, Therapists, Medical Caregivers, and anyone interested in an immersive training in this subject.

### Topics:

- The benefits of yoga for Trauma & Addiction
- The physiology of Stress, Trauma & Addiction
- Current research on the effects of Yoga for Trauma & Addiction
- Application of Yoga Philosophy to Trauma & Addiction
- Developing a new framework for teachers to “read the room”
- The Application of Asana, Pranayama, Mudra, Meditation & Yoga Nidra
- Transformative Themes for Specialized Yoga classes
- Self-Care for the Yoga Teacher

### SCHEDULE:

OCT 5, 2019, 9:30 AM - 5:30 PM

OCT 6, 2019, 9:30 AM - 2:30 PM

**WHERE:** KULA'S HOME STUDIO

750 BUTTERNUT DRIVE

FRANKLIN LAKES, NJ 07458

**INVESTMENT:** \$400

**FACULTY:** DR. DEBORAH LUBETKIN

Deb Lubetkin is a Licensed Psychologist (Psy.D.) in private practice for over 20 years. She is a Kripalu Yoga Teacher (RYT-200), Certified LifeForce Yoga Practitioner & Mentor, and a Certified Yoga Therapist (C-IAYT).



This training offers 14 CEUs with 12 contact hours and a 2 hour required practicum.



**KULA FOR  
KARMA**

Discover the Heart of  
Therapeutic Yoga

For more information and to register  
visit <http://www.kulaforkarma.org/advanced-teacher-trainings>