

KULA FOR KARMA

ADVANCED TEACHER TRAINING YOGA FOR MENTAL HEALTH: TRAUMA & ADDICTION

SEPT 12, 2020 12 PM - 4 PM EST

SEPT 13, 2020 12 PM - 4 PM EST

JOIN FROM ANYWHERE ON ZOOM

In this training, we will cover:

- Two Topics, One World: Why Trauma & Addiction?
- The Case for Yoga
- Asana, Pranayama, Relaxation, and Meditation for Trauma and Addiction
- Transformative Themes for Yoga Classes
- Application and awareness about trauma and addiction during the COVID pandemic

Who is Training For?

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



Faculty:

Dr. Deborah Lubetkin is a Licensed Psychologist, Certified Yoga Therapist (C-IAYT), Kripalu Yoga Teacher, and Certified LifeForce Yoga® Practitioner

INVESTMENT: \$200

\$100 for Kula for Karma Teachers

This training qualifies for 12 YA CEU's.

For more information and to register visit
KulaforKarma.org/advanced-trainings