



ELEMENTAL YOGA 200 hr. Mind-Body Teacher Training

Module 1: June 24 - July 3, 2010

Featuring Integrative Yoga Therapeutics™

Integrative Yoga Therapeutics™ forms the heart of the Elemental Yoga Mind-Body Teacher Training Program. Created by Bo Forbes, Integrative Yoga Therapeutics combines both Eastern and Western healing systems.

Drawing from Bo's two decades of experience in Clinical Psychology, its central focus is the Mind-Body Matrix, the intricate network that links the nervous system, immune system, mental body, emotional body, physical body, and pain modulation pathways. We will explore the role of the nervous system as an intermediary in healing. We will examine the intersection between psychology and yoga. We will explore yoga's impact on the mind, nervous system, immune system, and limbic system (emotional body) of students in class and small group settings. Participants will learn to teach group yoga classes with a strong therapeutic focus.

CONTINUING EDUCATION: The Elemental Yoga Teacher Training is approved by the American Psychological Association to offer continuing education for psychologists. We are also approved by the National Association of Social Workers to provide continuing education for social workers. We offer 30 CE credits for psychologists for this course, and 80 CEU's for social workers. For more information, email bo@elementalyoga.com or visit our website, www.elementalyoga.com.

Also included in the training:

- 🔥 The Neurobiology of Yoga & the Mind-Body Matrix
- 🔥 Yoga for the Emotional Body: Anxiety, Insomnia, & Depression
- 🔥 Anatomy, Alignment, and the Physical Practice
- 🔥 The Art of Assisting: Vinyasa Yoga & Restorative Yoga Therapeutics
- 🔥 Yoga Philosophy
- 🔥 Sanskrit: The Language of Yoga
- 🔥 Self-Study: Personal and Professional Development

HEALTHWORKS

FITNESS CENTERS FOR WOMEN



Bo Forbes PsyD, E-RYT 500 is a clinical psychologist, yoga teacher, and integrative yoga therapist in the Boston area. She is the founder of Elemental Yoga, director of the Elemental Yoga Mind-Body Teacher Training Program, and director of the Center for Integrative Yoga Therapeutics. With a background that includes training in biopsychology, sleep disorders, behavioral medicine, and stress management, Bo supplements more than 20 years of clinical experience with a practice in Mind-Body Medicine. She teaches workshops and intensives internationally, and has written for Yoga Journal, Body + Soul, and the International Journal of Yoga Therapy. She is the author of the forthcoming book, Yoga for Emotional Balance: Simple Practices to Relieve Anxiety and Depression.