



Yoga Cognitive Behavioral Therapy (Y-CBT) for Yoga Teachers and Students

Saturday May 18, 2019: 1:00pm to 5:00 pm

In this half-day training, yoga teachers and students will learn how to help others manage anxiety using the *The Yoga-CBT Workbook for Anxiety*.

Participants will:

- Learn how Y-CBT blends yoga with traditional psychological concepts
- Teachers will leave with a recommended course outline and the ability to teach a yoga class series using *The Yoga-CBT Workbook for Anxiety* .
- Students will leave with a deeper understanding of Y-CBT for their home practice.

Fee: \$70

Audience: Yoga teachers and yoga students

Recommended Pre-Requisite: [Introduction to Y-CBT](#)
(These two courses are typically paired to create a full day of training.)

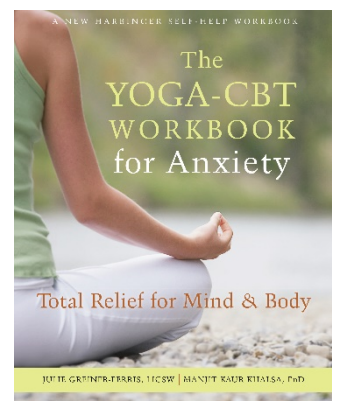
Required textbook: *The Yoga-CBT Workbook for Anxiety*
(Available on Amazon)



Dr. Manjit Kaur Khalsa Ed.D is co-creator of YCBT (Yoga-Cognitive Behavioral Therapy), a highly experienced Psychologist, a long time yoga teacher/student of Yogi Bhajan and the President of Sikh Dharma of MA, which oversees Guru Ram Das Ashram, Millis, MA.



Julie Greiner Ferris LICSW is a Licensed Independent Social Worker with 25 years of experience in the treatment of mental health issues. A graduate of Boston College GSSW, she is co-creator of Y-CBT (Yoga-Cognitive Behavioral Therapy), and is the Director of Outpatient Services at Riverside Community Care, in Upton MA.



Y-CBT

YOGA - COGNITIVE BEHAVIORAL THERAPY

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