



Level 1: Y-CBT for Yoga Teachers:

Date: Friday, April 17, 2020 9:00am—5:00 pm

Fee: \$180

Pre-requisite: Introducing Y-CBT: Yoga Cognitive Behavioral Therapy & Y-CBT for Yoga Teachers (Fee includes a delicious vegetarian lunch).

CEs for Yoga Teachers through Yoga Alliance

YCBT: (Yoga Cognitive Behavioral Therapy) is a new research based psychological paradigm that combines the scientifically documented effects of Kundalini Yoga with Cognitive Behavioral Therapy. This integrative model addresses the symptoms of anxiety and depression by combining traditional psychological concepts with yogic practices and philosophies. As yoga teachers you can expect to receive a clear pathway to practicing and leading classes from the Y-CBT workbook. We will review the kundalini approach and a review of how to approach movement, asana, breath, and meditation from the Y-CBT perspective.

In this day-long program, teachers will:

- Review the theoretical and scientific underpinnings of Y-CBT for Yoga Teachers
- Gain an understanding of the techniques in leading Y-CBT yoga classes for relief of Anxiety and Depression

• Audience: Yoga teachers & Yoga Therapists



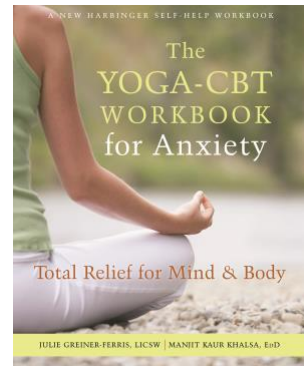
Dr. Manjit Kaur Khalsa Ed.D is co-creator of Y-CBT (Yoga-Cognitive Behavioral Therapy), a highly experienced Psychologist, a long time yoga teacher and the President of Sikh Dharma of MA, which oversees Guru Ram Das Ashram, Millis, MA. Co-author of [*The Yoga-CBT Workbook for Anxiety*](#).



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. Co-author [*The Yoga-CBT Workbook for Anxiety*](#).



Hari is a world-renowned master teacher of Kundalini Yoga and Meditation. Chosen as one of the Yoga Journal's Top Ten Influencers of Yoga in the West, she is also a yoga therapist and author of *A Woman's Book of Meditation: Discovering the Power of a Peaceful Mind* (2006) and as co-author of "A Woman's Book of Yoga: Embracing Our Natural Life Cycles" (Penguin 2002).



To learn more go to y-cbt.com

Register Online: www.YogaAtTheAshram.org or call 508-376-4525
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