

Join the growing interest in Psychotherapy and Yoga.

Use supported Yoga to
transform your therapy and
differentiate your practice.

Professional Development Training Workshops for
Psychotherapists Taught by Marjorie L. Rand,
Ph.D. and Michael Ruccolo, B.A.,CYI

WEEKEND FORMAT (at your center, in your town)

Module I: Discover the Psychotherapy-Yoga Connection

Module II: Learn Supported Yoga Therapy

Module III: Integrate Supported Yoga into Your Practice

Fee for each module: \$295

10 CEU's available for psychotherapists BBSE

Provider # 2897

Marjorie and Michael have been discovering the concepts that connect yoga and psychotherapy for years, individually in their own practice and collectively as teacher and student. In this workshop, they will pass on their knowledge in both an experiential and didactic format that will include group practice and discussion.

You will elevate your understanding of how yoga postures influence your life processes, your reactions and responses to everyday life. You will deepen your understanding about the specific energetic and emotional issues that are held in the body and how to deal with them. You will learn all this through personal experience to discover the concepts that psychotherapy shares with Yoga; specifically PRESENCE which brings about:

- Expanded awareness
- Autonomic self-regulation
- Relationship to Self and others
- Containment
- Grounding

If you are interested in a workshop in your city and for more information call: Marjorie at 310 937 0053 or Michael at 310 430 5674.

