

Essential Skills & Tools for Managing Stress & Anxiety

Sunday, 28th July, 10am - 5pm, \$140 (\$120 pay before 30th June)

Photo by back on the beach

SUMMARY

A workshop for Yoga Teachers, Health professionals and personal development CPD 8

VENUE & REGISTER

Sunday 28th July, 10am – 5pm

Yoga Therapy and Ayurveda
Wellness Centre
2/87 Burnett Street, Buderim

Cost: \$140

or early bird price \$120
(pay before June 30)

Email:
info@yogaayurvedacentre.com.au

Phone: 0412 287 521

COURSE DETAILS

Essential Skills for Managing Stress & Anxiety

Everyone in modern life has experienced stress. Stress is an epidemic. More and more people are coming to yoga classes hoping to improve their symptoms and to experience greater peace, ease, and psychological resilience.

This one-day training course is for **yoga teachers** who want to learn appropriate and well-informed practical skills and tools to help plan and teach yoga classes for students experiencing stress and anxiety. It will also be very useful for healthcare practitioners who would like to integrate yogic skills and tools in their work. It will also benefit yoga students wishing to deepen their understanding and practice.

During the workshop we will cover:

- Neuroscience and physiology of the stress response and the yoga perspective.
- What chronic stress is and how it affects us mentally and physically.
- How yoga and mindfulness practices can most effectively be used for reducing stress and anxiety.
- Guidelines for developing and teaching classes and one-to-one sessions for stress and anxiety.
- A few simple practices for use in daily life that support your students.
- Practices for cultivating positive attitudes (Acceptance, Self-Compassion, Kindness and Gratitude).

PRESENTERS

Vina Shah is a certified IYTA teacher, Svastha Yoga Teacher and Yoga Therapist. She also holds a National Training and Assessment (TAE) qualification. Vina has been teaching yoga and ayurveda for personal wellness since 1999 and running Svastha Teacher training, yoga therapy and other courses since 2001. Vina mentors yoga teachers and provides guidance in structuring general group and therapy classes, personal sessions and workshops. Since 1999, Vina has also been learning meditation with a monastic community in India, where she facilitates meditation retreats. She is also an experienced teacher and presenter on meditation and personal development. www.svastha.com.au

Kim Allan is a Senior Registered Teacher with Yoga Australia and Certified Registered Yoga Therapist with Yoga Australia, RYT-500 and Certified Svastha Yoga. For over 15 years she has been teaching yoga and, since 2015, personal and small group yoga therapy classes. Kim also runs workshops and is co-founder of Yoga Therapy and Ayurveda Wellness Centre in Buderim.