YogaX Foundations of Yoga: Theory and Practice of the Eight Limbs

This 5-hour workshop focuses on yoga as a complex, multifaceted practice that fosters resilience and equanimity. Yoga integrates a variety of strategies that are grounded in ancient teachings, corroborated by modern neuroscience and psychology research.

We discuss and apply a variety of integrated yoga practices, moving beyond western conceptions of yoga as physical exercise. We outline and practice the eight limbs of yoga as grounded in the Yoga Sutras of Patanjali and in modern science and research.

We offer yoga tools as wide-ranging as mindful and ethical lifestyle choices, disciplined commitment, physical movement and form, breathing awareness and exercises, as well as moving inward in concentration and meditation. We demonstrate how these practices help us navigate the uncertainties of life with equanimity, mindfulness, presence, and radical acceptance.

| Logistics | Saturday, December 14, 2019; 10:30a to 4:30p (lunch break from 12:30p-1:30p)  
1520 Page Mill Road, Rooms 115/117 |
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| Instructors | Christiane Brems, PhD, ABPP, ERYT-500, C-IAYT; psychologist, yoga teacher, and yoga therapist  
Heather Freeman, PsyD, RYT500; YogaX Program Manager and yoga teacher |
| Purpose | To impart greater yogic wisdom that allows students how to choose from a variety of yoga practices to increase resilience, promote health and wellness, and find joy and compassion |
| Cost | Cost is $20 (non-refundable)  
Paid registration includes 5 YA CEs (certificate provided) |
| Skill Level | This workshop is directed to all skill levels, from novice yoga practitioners to advanced yogis who seek to deepen their practice. |
| Registration | 15 slots are available on a first-come, first-served basis; to sign up for participation, email at yogaxteam@stanford.edu or via the online registration link at yogaxu.com |

All instruction will take place on the floor. Participants are best served by dressing in layers for light to moderate activity. Yoga props (mats, blankets, bolsters, blocks, etc.) are provided. Participants are encouraged to bring a towel and bottled water. Liability waivers are required and collected via email.

Learn more about YogaX: [https://www.yogaxu.com/](https://www.yogaxu.com/)