YogaX Introductory Workshop: Foundations of Yoga

This 6-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 the varied foundations of an integrated yoga practice, moving beyond western conceptions of yoga as physical exercise. We outline the complex layers of self as identified in yoga wisdom, along with a deep understanding of how yogic practices affect body, emotion, mind, relationships, and spirit.

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; 10a to 5p
1520 Page Mill Road, Rooms 115/117

**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 6 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 Heather Freeman at yogaxteam@stanford.edu or click https://yogax.typeform.com/to/dDG1sL

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 will be provided at the start of class.

Learn more about YogaX: https://www.yogaxu.com/