



# Adaptive Holistic Yoga ~ Strategies and Principles

This 6-hour YogaX workshop helps yoga teachers make yoga practices more accessible to all students. It teaches principles and strategies for adapting yoga practices to individual needs and histories of each student, regardless of health status, emotional needs, or other circumstances.

Participants learn how to:

- Use props (such as blocks, straps, blankets, bolsters, and other tools) to help students find physical practices appropriate for their body
- Apply breathing practices that honor students' energetic and emotional needs
- Develop psychological and imagery practices that help students better understand the fluctuations of the mind



This workshop offers hands-on learning and application of adaptive yoga principles. Activities include small-group-based practice, individual guidance, and self-exploration.

<b>Logistics</b>	Saturday, September 14, 2019; 9a to 5p (with a 1-hour lunch break) Room 115/117 at 1520 Page Mill Road (adjacent to campus; free and ample parking)
<b>Instructors</b>	Christiane Brems, PhD, ABPP, ERYT500, C-IAYT; clinical psychologist, yoga therapist & teacher Heather Freeman, PsyD (as of August 2019), RYT500; psychologist & yoga teacher
<b>Purpose</b>	To teach principles and strategies of adaptive yoga to help yoga teachers evolve their students' practice into a tailored, individualized way of moving, breathing, and self-exploration
<b>Cost</b>	\$150 (includes 7 CEs from Yoga Alliance for those who are certified yoga teachers); BONUS: registrants can attend the <i>Foundations of Yoga Workshop</i> on 9/15/2019 for free!
<b>Yoga Skills</b>	This workshop is directed to yoga teachers, as well as healthcare professionals who integrate yoga strategies into their scope of practice
<b>Registration</b>	To sign up for participation, email <a href="mailto:yogaxteam@stanford.edu">yogaxteam@stanford.edu</a> or visit our website at <a href="https://www.yogaxu.com/classes-and-workshops">https://www.yogaxu.com/classes-and-workshops</a>

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: [www.yogaxu.com](http://www.yogaxu.com)



YogaXteam