

CLINICAL APPLICATIONS & PRINCIPLES OF MINDFUL YOGA

A WORKSHOP FOR CLINICIANS

This is an introduction to Mindfulness-Based Stress Reduction (MBSR), with an emphasis on mindful movement practice (mindful yoga), a key element of the program. This workshop is designed for psychiatrists, psychologists, clinical social workers, nurse practitioners, physicians, psychotherapists, and other healthcare professionals. You will learn:

- ◆ HOW MINDFULNESS PRACTICE IS RELEVANT TO YOUR PROFESSIONAL & PERSONAL LIFE
- ◆ THE CLINICAL RELEVANCE OF MINDFUL PHYSICAL ACTIVITIES LIKE MINDFUL YOGA
- ◆ MINDFUL YOGA: PRINCIPLES & APPLICATIONS
- ◆ EXPERIENTIAL PRACTICE OF MINDFUL MOVEMENT AS TAUGHT IN MBSR

Please Note: Learning materials and a certificate of completion (2 hours of professional training) are included.

FILL OUT / CLIP / ✂ / INCLUDE YOUR CHECK OR PAY WHEN YOU ARRIVE.

(You can email us this registration information if you wish: info@yogahillsboro.com)

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

TUITION IS \$30 PER PARTICIPANT.

TOTAL ENCLOSED \$ _____

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**Friday, September 16th
10 a.m. - 12:00 p.m. \$30**

**The Stress Reduction Clinic
@ Yoga Hillsboro
232 NE Lincoln Street, Suite O
downtown Hillsboro, OR 97124**

**503 640-6006
www.yogahillsboro.com
info@yogahillsboro.com**



Paul Salmon, Ph.D. Brant Rogers, RYT

Paul Salmon, Ph.D. is an associate professor of Clinical Psychology at the University of Louisville in Kentucky. He is a licensed psychologist and co-directs the BioBehavioral Laboratory, a mindfulness-oriented research facility. He is also certified as a Yoga instructor (RYT/200) and Health Fitness Specialist (American College of Sports Medicine). Paul and his colleagues have conducted mindfulness-based research on fibromyalgia and Parkinson's disease. Brant Rogers owns and operates The Stress Reduction Clinic at Yoga Hillsboro. Both are Mindfulness-Based Stress Reduction (MBSR) instructors. They collaborate on teaching mindful yoga to clinicians and other professionals..