



Advanced Yoga Specialty, Therapeutics and Master's Training Information Packet & Course Catalog

Thank you for your interest in our Advanced Yoga Specialty & Therapeutics (AYST) Continuing Education and Master Advanced Yoga Specialty & Therapeutics (M-AYST) Training Programs.

The AYST program consists of a variety of Modules that focus on different aspects of yoga specialty training, therapeutics, touch, retreat facilitation, and yoga wellness coaching. You can take each AYST Modules separately for the purpose of receiving a certificate in that area or to acquire continuing education credit. Or, you may accrue hours toward a 300 or 500 M-AYST certificate. For those who choose a M-AYST certificate, you can choose an emphasis in Therapeutics (TH), Touch (TCH), or Yoga Wellness Coaching (YWC).

This program was specially designed for existing Certified Yoga Teachers who are looking for any of the following:

- 1) **Continuing Education** - Most of our courses are offered by YACEP providers and count toward meeting your Yoga Alliance continuing education requirements. (You may also submit those courses that are not offered by YA/YACEP providers with the Yoga Alliance for credit.) If you are not registered with the Yoga Alliance, you may take our courses to expand your knowledge and continue to grow as a teacher.
- 2) **Specialty Area Certificates** - Our program provides valuable training in specific yoga specialty areas. You can select the individual specialty area(s) in which you would like to be certified.
- 3) **300/500 Hour Master Certificate (M-AYST)** - You may accrue hours to qualify for a 300 or 500 hour M-AYST Certificate with the emphasis of your choice.

Why the AYST/M-AYST Program is Unique:

- 1) **We offer a variety of training options.** You can join us continuing education, Specialty Area Certifications, or you can accrue hours toward a 300 or 500 hour M-AYST Certificate.
- 2) **We offer international training.** No matter where you are in the World, you can participate via the Online for most of the training Modules.
- 3) **We provide mentoring throughout training.** You will receive a personal mentor who will help guide and assist you throughout your training. This improves your learning and retention, maintains accountability, and provides on-going support and education throughout your training experience.
- 4) **We keep our class sizes small.** Because we provide mentoring throughout our training program, we are committed to keeping the class sizes small throughout training. This helps foster relationship development to build a safe and supportive community, and ensures that you get the most out of your training experience.
- 5) **M-AYST candidates can choose their emphasis.** As a M-AYST candidate, you have the option to select an emphasis in Therapeutics, Touch, or Yoga Wellness Coaching. A minimum of 30% of your hours must be in that study area. (Note that many of the Modules overlap.)

Tuition

The cost of tuition varies according to which Module(s) you choose and prices are in US dollars. Payments are made per Module, and are due a minimum of 2 weeks prior to the start of that Module. An electronic version of the training manual is included in the cost of tuition. The cost of travel, meals, and additional required reading materials are **not** included in the cost of tuition, and are the responsibility of the participant.

M-AYST Candidate Application Process

The following is the application process for those pursuing a M-AYST certification. This is not required for those who are taking the courses solely for continuing education or for a certificate in that area.

- 1) Submit application and payment within 2 weeks of your first Module start date.
- 2) Schedule and complete phone or live introduction within 2 weeks of your first Module start date.
- 3) Sign and return the **Waiver & Release** form (will be sent to you following interview).
- 4) Training materials and will be emailed prior to each session. Reading materials may be added as training progresses.

We are thrilled that you are considering taking the next step in advancing your learning and adding to your existing knowledge and credentials. If we can answer any questions or be of additional assistance, do not hesitate to contact us at:

Inspiritus Yoga

Email: dawn@inspiritusyoga.com

Phone: 480-250-5867

Web: www.inspiritusyoga.com

Current Offerings

The current offerings are as follows. We will continue to add to these offerings, and some will be repeated depending on demand. Visit our Website at www.inspiritusyoga.com for the most up-to-date information. All of the courses below are designated Online, In-Person, Yoga Camp , or Self-Paced. See the key below for an explanation of what each entails.

Online Modules:

Online Modules consist of weekly instruction via Zoom (Internet-based Webinar) or phone conferencing. Recordings are made available for those who can not participate live. Certificate will be provided upon successful completion of all course requirements, when applicable.

In-Person and/or Yoga Camp Modules:

In-Person and Yoga Camp Modules take place in person. Location may vary depending on course offering. The cost of travel, housing, and meals are not included in the cost of tuition, and are the responsibility of the participant. In some cases, a sponsor home may be provided upon request. Certificate will be provided upon successful completion of all course requirements, when applicable.

Online Self-Paced Modules:

Self-Paced Modules consist of pre-recorded workshops of live trainings that can be done from anywhere with an Internet connection. They are designed to be completed at your convenience and at your own pace. Certificate will be provided upon successful completion of all course requirements, when applicable.

2021 Schedule of Current Offerings

Keep checking back as we are adding to our offerings regularly!

Yoga Nidra (Online or Self-Paced)

Learn to facilitate and appreciate the full benefits of Yoga Nidra, a deep form of guided meditation that systematically takes you through four brain wave levels on a journey toward yogic sleep. Studies show that one Nidra session translates to the equivalent of 2-3 hours of restful sleep. This practice is deeply restorative and healing for the mind, heart, body, and spirit, and has been used successfully to non-invasively treat the impacts of trauma on the body. Two methods will be taught, including those pioneered by Swami Satyananda Saraswati and Richard Miller. Led by Shirley Berthelet. Students and teachers welcome.

Offered online via Zoom, or self-paced by recording.

- **Wednesday, April 14 from 5-8 pm PDT**

- **Online via Zoom or Self-Paced**

- Investment \$150 – Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition. Includes 3 YACEP CEUs and M-AYST Hours. An 8 additional YACEP CEUs/M-AYST Hours and certificate are offered upon completion of homework. Applies toward specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=-8&sView=day&sLoc=0&sTrn=4&date=04/14/21>

Introduction to DiSC: Understanding Yourself and Others (Online or Self-Paced)

Have you ever wondered why you do the things you do? Why you relate with certain people more than others? DiSC is the universal language of observable behavior. In this course you will complete a DISC assessment tool that is practical and easy to understand. You will discover and understand your behavioral style, learn about styles that are different from yours, and learn ways to flex your behavior to better connect with the people in your life.

The information you learn in this course can help improve communication, build bridges, and enhance relationships. We will be practicing some meditation techniques during the course to further embody and reinforce the concepts we are learning. This training includes The Personal Insights Profile - a style analysis instrument which includes an assessment to identify behavioral preferences for your natural and adaptive style. It provides information on key strengths, tendencies, and ways to improve effectiveness for each style blend.

This course is perfect for personal development, or for those who teach, coach, or work in a therapeutic capacity.

- Week 1 - What is DiSC?
- Week 2 - Discovering Your Unique Style
- Week 3 - Appreciating Other Styles

Online course offered via Zoom or self-paced by recording. Led by Marti Ogle, Corporate Trainer and 200-RYT. Everyone is welcome.

- **Thursdays, June 17, 24 and July 4 from 5-7 pm PDT**

- **Online via Zoom or Self-Paced**

- Investment \$150 - Includes assessment workbook, training materials and mentoring. Suggested reading materials are not included in the cost of tuition. Includes 6 YACEP CEUs/M-AYST hours for teachers. An additional 4 CEUs/M-AYST hours are provided upon completion of required homework. Applies toward specialty in TH, YWC.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=-8&sTG=23&sVT=76&sView=week&sLoc=0&sTrn=100000031&date=06/17/21>

Online Self-Paced Programs

Chair Yoga: Adapt your teaching to a chair and broaden your skills to reach special populations. This unique class is designed for seniors or for those who have physical limitations or difficulties exercising. Students are led through a series of yoga postures while seated in a chair or using a chair for support, providing options appropriate for every body. Online self-paced workshop and training led by Shirley Berthelet. Yoga students and teachers welcome.

- Investment \$150 - Includes training materials, 2 Chair Yoga videos/class templates, and mentoring. Required reading materials are not included in the cost of tuition.
- Includes 4 YACEP CEUs/M-AYST Hours. An additional 6 CEUs/M-AYST Hours and certificate are offered upon completion of required homework. Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100038>

Christ-Centered Add-On (CCAA): Become certified to teach Christ-Centered yoga classes. Learn how to: study and assimilate the Bible, incorporate Scripture into your yoga classes, design Christ-Centered yoga classes, market and promote your classes, keep yourself healthy, and lead like Jesus. This course is available for existing 200-hour yoga teachers who wish to become Certified Christ-Centered Yoga Teachers (CCYT). Online self-paced training led by Dawn Hopkins. Yoga teachers only please.

This training will cover:

- **Module 2**

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Introduction to Studying Sacred Text
- Session 3: Studying and Assimilating Sacred Text
- Session 4: Breath Work, Meditation & Prayer

- **Module 3**

- Session 1: Class design and messaging
- Sessions 2-3: Class sequencing for Gentle, Level 1/Flow, Level 1-2/Flow
- Session 4: Playlist development and teaching the class

- **Module 4**

- Session 1: Business Tools & Marketing
- Session 2: Teacher Ethics & Responsibilities
- Session 3: Servant Leadership
- Session 4: Self-care

- Investment \$825 - Includes training materials and weekly mentoring. Required reading materials are not included in the cost of tuition. 60 CEUs/M-AYST Hours and a certificate is provided upon successful completion of all requirements.
- Participants may also choose to participate in Modules 1 & 5 for the in-person yoga camps to refresh their Asana training at a 50% discount. Email dawn@inspiritusyoga.com or visit our Website for details.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100155>

Co-Regulate with Medical QiGong

Transform your awareness of healing in this unique synthesis of the ancient wisdom of Medical QiGong with the scientific advances pioneered by Polyvagal Therapy. Much like yoga, qigong relies on conscious movements, breathing, and intentional focus to heal energetically and physically—from our feelings to our flesh. And Polyvagal therapy provides the anatomical architecture to support the process of “co-regulation” designed to hone personal awareness of your pranic system, and upgrading your sensitivity to others’ energy system. By purposefully engaging with the longest nerve in the body, the vagus nerve, we establish a reliable pathway for feeling aligned in your essence and empowered to

connect in a multitude of healing ways. Join us as we travel the winding path of the vagus nerve and generate immediate shifts with qigong practices to establish a homing beacon to your essence and a felt sense of safety. Online self-paced workshop led by Nicole Errico-Reed. Yoga students and teachers welcome.

- Investment \$60 - Includes 2 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100201>

Four Pillars of Integrity: Integrity: (n.) an unbroken completeness or totality with nothing wanting. Practically speaking, integrity springs forth when our inside experiences match our outward expressions. Resonate with your inner congruency, expand your aliveness, and spark your creativity in this radically compassionate inner and outer exploration. Discover the keys to creating impeccable agreements, harnessing emotional literacy skills, growing your healthy response-ability, and authentically speaking from discovery. Online self-paced workshop led by Heath and Nicole Reed. Yoga students and teachers welcome.

- Investment \$150 - Includes 8 CEUs/M-AYST Hours.
- Applies toward a specialty in TH, YWC for M-AYST Candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100044>

Healing Moves 1 - From the Floor to the Core: Simple, Easy, & Friendly Practices for Healing Foot, Ankle, Knee, & Hip Projects

Enjoy a cornucopia of ancient practices evolved to heal modern imbalances. Delight in your body's movement possibilities as we blend Yoga Therapy with Medical Qi Gong, Feldendkrais, Foundation Training, and other Somatic Therapies. Familiarize yourself with the anatomical, kinesthetic, energetic, and other contributing factors of lower body projects. We'll explore effective movement therapies for plantar fasciitis, chronic ankle instability, knee pain, SI Joint dysfunction, sciatic pain and more! Get a leg up, release the pains in your rear, and walk easily thru life with simple, easy, and friendly healing moves. Online self-paced workshop and training led by Heath Reed. Yoga teachers and students are welcome!

- Investment \$120 - Includes 4 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100199>

Healing Moves 2 - Unwind Your Spine, Dissolve the Boulders in Your Shoulders, & Liberate Your Neck: How to Heal Low Back, Shoulder, Wrist, Neck, & Headache Projects

Feel supported and nourished as we generate potent and reliable practices to invite healing into our upper body. Explore a multi-modal approach merging the best of eastern healing arts with western scientific perspectives, and grow a nervous system that can sustain larger amounts of positive energy for longer periods of time. Discover remedies to disc degeneration, reverse poor posture, and to melt frozen shoulders and soothe tension headaches. Together, we'll let go of the pains in our neck, stabilize our shoulder girdle, open our carpal tunnel in favor of cultivating practices that befriend our body, open our heart, and free our mind! Online self-paced workshop and training led by Heath Reed. Yoga teachers and students are welcome!

- Investment \$120 - Includes 4 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100198>

Healing the Healer: Creating a Self-Care Buffer Zone: Audre Lorde once said, "Self-care is not self indulgent. It is self-preservation." Self-care — intentional activities that have a desirable effect on your overall health and well-being — are necessary for us to live a healthy and well-balanced life. They become even more important when we are in service to others in any capacity. Engaging in self-care helps to prevent and mitigate the negative impacts of both acute and chronic stress on the body. In addition, improved self-care is the cornerstone of preventing and treating burnout and compassion

fatigue, common among healers and those in service to others. Self-care begins with self-awareness and then taking intentional steps to make self-care a priority.

In this workshop, we will explore a variety of self-care activities for the body, mind, heart and spirit. Practicing loving kindness and compassion turned inward, we will build a self-care buffer zone to improve our resiliency when stress shows up in our lives. With these new tools in place, we will be better equipped to serve others from our abundance and increase our aliveness. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students are welcome!

Offered in-person in Chandler, AZ (pending CDC recommendations), online via Zoom, or self-paced by recording.

- Investment \$100 - Includes 4 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100205>

Healing through the Chakras: The chakras are energy centers found along the front of the spine from the tailbone to the crown. They are a key part of the energy map of the human body, developed around 3,000 years ago. The word *chakra* derives from the Sanskrit for “wheel” or “turning”. As such, chakras are wheel-like disks or vortices which collect, hold, and disseminate energy throughout the body and its systems. Each of the chakras are associated with different energy frequencies, anatomical functions, emotions, and more. Trauma divides us from our bodies, and affects the functioning of all the chakras. When a chakra is imbalanced or there has been trauma, it can result in dysfunction or dis-ease in the physical, emotional, and/or mental layers of our being. The chakra system helps us focus on one kind of healing at a time, and notice what is going on in each. Cultivating awareness of each chakra and using specific types of pranayama, sound vibration, and asana helps to open each chakra help to bring health and healing to the chakra system. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students are welcome!

- Investment \$90 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 3 YACEP CEUs and M-AYST Hours. Complete homework for Certificate and 4 additional YACEP CEUs/M-AYST Hours.
- Applies toward specialty in TH, YWC for M-AYST Candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100149>

Meditation Workshop & Training, Level 1: Meditation is about connection and uncovering the simple truth of who we are. It is an empowering practice that brings us in touch with the present moment and offers an acceptance of what is. Exploring the path of meditation is an opportunity available to everyone, but it helps to have a little guidance along the way. In this course, you will learn different styles of meditation, the science behind meditation, and the basics of leading others through mediation. This course will assist you in developing or deepening your own Meditation practice, as well as giving you more confidence to share the practice with others. Whether you are a Wellness Professional wishing to expand on your offerings, a Yoga instructor, or a Meditation enthusiast seeking to deepen your personal practice, you've come to the right place! This course will give you the knowledge and the tools to incorporate meditation into your life, your way. Online self-paced workshop and training led by Becky Giles. Yoga teachers and students are welcome!

- Investment \$180 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 8 CEUs/M-AYST hours for teachers. Complete homework for Certificate and up to 10 additional YACEP CEUs/M-AYST Hours.
- Applies toward specialty in TH, YWC.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100233>

Psoas Release Yoga: Psoas Release is a form of yoga therapy designed to assist our body's innate ability to release trauma - physically, mentally, and emotionally. The practice targets the psoas muscle ("fight or flight muscle"), a large muscle in our lower torso that connects the thigh bone to the thoracic spine. Designed specifically for trauma and stress release, this practice helps you to retrain your body to energetically release fear, stress, and the traumas of life that get trapped in our tissues - without needing to recall or relive the trauma. Based on the scientifically proven methods of Dr. David Berceci, an international expert in the areas of trauma intervention and conflict resolution, you will learn how to heal yourself, as well as guide others toward resolving trauma in a holistic way. Online self-paced training led by Dawn Hopkins. Yoga teachers only please.

- Investment \$280 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 9 YACEP CEUs and M-AYST Hours. Complete homework for Certificate and 10 additional YACEP CEUs/M-AYST Hours.
- Applies toward specialty in TH, YWC or M-AYST Candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100087>

Reframing Our Relationship with Power: From Power Plays to Playing with Power

Our lives and wellbeing rely on our ability to access power. A collective belief system that divides winners from losers, haves and have nots, and tribes of right versus wrong, betrays humanity's evolutionary imperative to connect, create, and care deeply—for everyone. We are living thru the fractures and dismantling of the old structures that operate by lording "power over" with a might-makes-right mentality. And we are entering the threshold of a new paradigm that leads by sharing "power with" to generate the greatest mutual benefit.

Discover how to open to, engage with, and expand your felt sense of empowerment while inspiring those around you to do the same! Learn how to instantly reframe your relationship with exogenous (externally created) power and shift into endogenous (internally created) power with healing moves, conscious breathing, and shifts of focus. By releasing attachment to things we can't actually control (like others' behaviors, or even how our own feelings show up) and redirecting that wasted effort into actions we can change instantly, we recoup the birthright of our essence expression. Become the beacon of change you wish to see in the world by living into a new story of mutual empowerment! Online self-paced workshop and training led by Heath and Nicole Errico-Reed. Yoga teachers and students are welcome!

- Investment \$60 - Includes 4 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100200>

Restorative Yoga Workshop & Training

Restorative Yoga is just that - restorative. It is a peaceful and calming class to release stress and allow the body to rest, heal, and restore through restful yoga postures, meditation and conscious relaxation. Props (blankets, blocks, bolsters and straps) are used in a way that support the body to enable comfortable opening of the tissues.

In this course, you will learn the ins and outs of practicing and/or teaching Restorative Yoga. Explore the postures, pranayama, visualization, meditation, mudra, mantra, and prop use that works for every body type, size, or ability level to provide a full-body healing experience. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students are welcome!

- Investment \$150 - Includes 5 YACEP CEUs/M-AYST Hours. An additional 6 CEUs/M-AYST Hours and certificate are offered upon completion of required homework.
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100206>

The Body Knows: Discovering the Roots and Resolution of Trauma: Everyone, no matter what, has experienced some trauma. Trauma, described as some extraordinary event for which we did not have the capacity to fully understand, participate with, and "feel through", is a human reality. When faced with these extraordinary events, especially as young people, or even in utero, our "neural

platform” roots itself in the 'danger-danger' zone and we react by becoming hyper-vigilant. Our world view becomes one of an unfriendly, or even hostile place for which I/we must always be on alert. This all happens beyond the world of cognition and thought and stores itself in our body and mind. Explore the skills and practices to assist you, and your clients to resolve these extraordinary experiences—absent of force and full of compassion.

The pioneering and promising field of Polyvagal therapy offers somatic and creative practices that serve to liberate a traumatized or highjacked autonomic nervous system in favor of restoring safety and connection. Scientifically speaking, we will explore ways to activate our “ventral vagal energy” to grow the capacity of our nervous systems to support compassionate and friendly healing. Beginning with ourselves, we’ll engage self-compassion or “the act of reaching in to be with our own suffering with kindness.” Experience and discover profound somatic practices to up-regulate and co-regulate our nervous system in a community of generous and genuine support.

This training offers the opportunity to become a facilitator of resourceful-ness...for yourself and for others! Join us as we explore enlivening practices to restore and resource safety and connection in an atmosphere of “apapacho”, the Aztec word meaning to embrace or caress with the soul. Online self-paced workshop and training led by Heath Reed and Audrey Hazekamp. Yoga teachers and students are welcome!

- Investment \$195 - Includes training materials. Suggested reading materials are not included in the cost of tuition.
- Includes 6 CEUs and M-AYST Hours. Applies toward specialty in TH, YWC

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100147>

The Elephant in the Room Yoga Experience

When we get a lash in our eye do we continue on like there is no distraction or discomfort or pain? Do we act like no big deal and if we just ignore that it will eventually go away? Absolutely not! But this is how we treat uncomfortable topics in our personal and communal lives. A lash in the eye means we disengage from anything we are doing in that moment and tend to immediately relieve the discomfort.

Our job is to help take the eyelash out of humanity’s festering eye. We need to treat the symptoms and reignite the very nature of that which unites us together as humans through the nurturing guidance of the Spirit. Meeting these symptoms or systems of racism head-on is our spiritual act of worship. We will do this through:

- **Yoga Flow:** We will be guided to the razor’s edge and safely explore our biases and invite them to the party through asanas and breath work to release the burdens of our indifference; embrace the fact that we are here collectively and rejoice why we wish to journey this difficult path together; and to communally acknowledge that we are gaining knowledge and building character not just for ourselves but for humanity.
- **Alchemized Breath:** With gentle relaxation and micro-movements we will use difficult emotions and vocabulary as a vehicle to ride the waves of our breath to aid the internal revolution being ignited in our hearts.
- **Yoga Nidra:** In this systematic meditation we will remove tension from the body, mind and emotions through re-textualizing our internal dialogues to establish harmony in the space of our heart as it unfolds into the fullness of love.

Since we are created spiritual bodies beyond time and space our DNA holds the rise and fall of empires and systems. This workshop is designed to support your inner work but also to push you beyond the disease of indifference. My commitment is to hold you in compassion, love and hope and to encourage you to keep showing up for yourself and your community. Online self-paced workshop led by Kimberly Elkins. Yoga teachers and students are welcome!

- Investment \$75 - Includes 3 M-AYST Hours
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100204>

Transformational Touch: Touch is the first of the five senses to develop in utero and is the last of the human senses that is diminished in old age. Touch is essential for healthy growth and life itself! Babies who do not receive touch stop growing, and if prolonged, will die. Touch carries deep and nonverbal wisdom, and can serve as a doorway for restoring safety, security, and connection. The experience of 'shaping' and being 'shaped to' doesn't go away in adulthood. The deep nourishment that comes from healthy, curious and compassionate touch is life long. In this experiential hands-on journey, we explore the three fundamental types of therapeutic touch. We also demystify the common stories, mindsets, and assumptions that interfere with our ability to safely and lovingly give and receive touch. Join us as we utilize the essential and impactful power of touch that can be conveyed with hands-on yoga adjustments, support for those moving through a challenge, or to nurture an environment of safety and connection. Discover the context that supports transformational touch, and how this can feed both giver and receiver in profound and wonderful ways. Online self-paced workshop and training led by Heath Reed and Audrey Hazekamp. Yoga teachers and students are welcome!

- Investment \$95 - Includes 3 CEUs and M-AYST Hours.
- Applies toward specialty in TH, YWC, TCH

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100148>

Yin Yoga: Discover the “cooler” side of the practice and learn to teach Yin Yoga. Yin is a slow and introspective practice which incorporates principles of traditional Chinese medicine. It relies on deeply held postures (3-5 minute stretches) with a meditative focus to release the back, hips, pelvis, and legs. The profound depth and time in the poses develops stillness and reduces stiffness, while encouraging the opening of the deeper connective tissues and fascial systems of the body. Props are used to assist in the deep opening of the body. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students welcome.

- Investment \$175 - Includes 6 YACEP CEUs/M-AYST Hours.
- Complete homework for Certificate, and 4 additional CEUs/M-AYST Hours
- Applies toward specialty in TH, YWC

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100102>

Yoga for Athletes (YfA): Learn how to teach foundational yoga from a fitness perspective to the athletic community through the use of applied anatomy and proven techniques for this specific demographic. The YfA training will equip you to teach to the athletic community, both recreational & competitive. Online self-paced training led by Shirley Berthelet. Yoga teachers only please.

This training will cover:

- What is Yoga for Athletes? - More than Just Stretching
 - The Athletic Body
 - Benefits of Yoga for the Athlete
 - Yoga & the Athletes Training Program
 - How **YfA** Improves Performance
 - The Mental Game
 - Applied Anatomy
 - Sample Classes/Workshops
- Investment \$180 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
 - Includes 5 YACEP CEUs/M-AYST Hours. An additional 5 CEUs/M-AYST Hours and certificate are offered upon completion of required homework. Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100154>

Yoga through Cancer & Beyond (YTCB): The benefits of yoga for cancer is research-based and supported by the American Cancer Society. Yoga can be a valuable ally to help cope with and manage the physical and emotional stress from diagnosis, through treatment and into survivorship. Many of the body's systems are negatively affected during this period but yoga has proven to have a positive impact to counter them. Some of these include strengthening the lymphatic, immune and cardiovascular system; increasing bone density; improving balance; assisting with insomnia and fatigue; reducing stress and inflammation; aiding loss of appetite and digestive problems; increasing range of motion; and overall improving the quality of life. Please join me in this workshop as we review the science, benefits and the tools to create a safe and effective practice or class for cancer patients and survivors. Online self-paced workshop and training led by Laurie Trigilio. Yoga teachers and students welcome.

This training will cover:

- **Week 1** – Benefits of Yoga for Cancer and the science and research behind it.
- **Week 2** – Applying Yoga Principles to create a safe and effective practice utilizing pranayama, asanas, movement, and meditation.
- **Week 3** – Managing Side Effects of cancer and treatment with yoga tools.
- **Week 4** – Designing a Class or Series applying the concepts learned.
- Investment \$180 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 8 YACEP CEUs/M-AYST Hours. An additional 4 CEUs/M-AYST Hours and certificate are offered upon completion of required homework.
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100134>

Yoga for Grief Recovery: Explore the healing benefits of yoga to release emotions held in the body as a result of grief. When we sustain a loss or experience an un-welcomed change, our resistance can create imbalance within the body. Yoga for Grief uses yin yoga poses to balance the meridians as they relate to the various stages of grief. (The stage of denial is rooted in fear, so we'll balance the kidney meridian to release fear and anxiety. Anger is held in the liver, and we balance that meridian to foster forgiveness.) Learn where and how the various stages of grief are held in the body, and how to help your students process their emotions connected to loss. Online self-paced workshop and training led by Deb Althoff. Yoga teachers and students welcome.

- Investment \$180 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 8 CEUs/M-AYST Hours. An additional 4 CEUs/M-AYST Hours and certificate are offered upon completion of required homework.
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100108>

Yoga Nidra: Learn to facilitate and appreciate the full benefits of Yoga Nidra, a deep form of guided meditation that systematically takes you through four brain wave levels on a journey toward yogic sleep. Studies show that one Nidra session translates to the equivalent of 2-3 hours of restful sleep. This practice is deeply restorative and healing for the mind, heart, body, and spirit, and has been used successfully to non-invasively treat the impacts of trauma on the body. Two methods will be led, including those pioneered by Swami Satyananda Saraswati and Richard Miller. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students welcome.

- Investment \$150 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 5 YACEP CEUs and M-AYST Hours. An 8 additional YACEP CEUs/M-AYST Hours and certificate are offered upon completion of homework.
- Applies toward specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100103>

Yoga for Special Populations: Yoga is meant to be accessible for every body. This workshop will take an in-depth look at creating a safe and welcome environment while teaching to students with a variety of unique needs, including older adults, those who have musculoskeletal limitations, larger bodies, and other chronic conditions. Explore pose adaptations, adaptive practices like chair, wall, and restorative yoga, specialty class themes, and learn ways to make every individual feel comfortable in a thriving class environment. Online self-paced workshop and training led by Dawn Hopkins. Yoga teachers and students welcome.

- Investment \$180 - Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 7 YACEP CEUs/M-AYST Hours. An additional 5 YACEP CEUs/M-AYST Hours and certificate are offered upon completion of required homework.
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100128>

Zen Yoga - A Practice for Every Season: Do you want to add a little variety to your home practice or your teaching? Would you like to dive deeper into how the meridians flow with the seasons? Zen Yoga is a practice that incorporates TCM, meridian theory, horary clock, animal sounds, and the five elements with a seasonal protocol with yoga asana. At the heart of the Chinese healing art of QiGong is the idea that nature is balanced and harmonious. This is where we stand aligned between the earth and sky. Man balances heaven and earth, a place of space where we have the potential to heal and be fully alive.

This is an opportunity for you to explore ways to help you to replenish your qi, prana, energy, life force within. Each week you will discover the yin and yang organs for the season along with a yoga flow to support and nourish the meridians and a meditation to complete your practice. Online self-paced workshop and training led by Dawn Hopkins.

- **Week 1** – Introduction to Zen Yoga and the Five Chinese Elements/Spring
- **Week 2** – Summer: Fire & Earth Elements
- **Week 3** – Fall: The Metal Element
- **Week 4** –Winter: The Water Element

Offered in a self-paced format by recording. Teacher and students welcome.

- Investment \$180 Includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 8 YACEP CEUs/M-AYST Hours. An additional 4 CEUs/M-AYST Hours and certificate are offered upon completion of required homework.
- Applies toward a specialty in TH, YWC for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100139>

Add-On Programs

Christ-Centered Yoga Add-On - Winter/Spring 2021 (In-Person, Online, or Self-Paced)

Become certified to teach Christ-Centered yoga classes. Learn how to: study and assimilate the Bible, incorporate Scripture into your yoga classes, design Christ-Centered yoga classes, market and promote your classes, take care of your holy temple, and lead like Jesus. This course consists of three modules and is available for existing 200-hour yoga teachers who wish to become Certified Christ-Centered Yoga Teachers (CCYT). Taught by Dawn Hopkins.

Teacher Ethics & Leadership: March 2021

This course concentrates on developing the teacher mindset, including instruction in ethics, roles and responsibilities, inner integrity, servant leadership, and self care.

- Session 1: Teacher Ethics, Roles & Responsibilities
- Session 2: The Four Pillars of Integrity
- Session 3: Servant Leadership
- Session 3: Self Care

Instruction will take place online via Zoom on Wednesday evenings in March from 5:00-8:00 pm MST. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

Required Reading: The Yamas & Niyamas: Exploring Yoga's Ethical Practice by Deborah Adele. Training manual will also be provided in an electronic format.

Homework: Trainees will be required to participate in weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to complete weekly Journaling Forms with prompts provided. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Class Design & The Business of Yoga: May 2021

This course provides detailed instruction in class design and sequencing for Gentle, Level 1, Level 1-2, Level 2, and Vinyasa classes as well as how to deliver classes in an online format. In addition, trainees will learn the business side of yoga including marketing, promotion, and legal considerations and will get practical experience developing a workshop series or a business plan.

Training Includes:

- Session 1: Class design and sequencing for Gentle & Level 1
- Sessions 2: Class design and sequencing for Level 1-2, Vinyasa, and Level 2
- Session 3: Playlist development and online teaching considerations
- Session 4: Business tools and marketing

Instruction will take place online via Zoom on Wednesday evenings in May from 5:00-8:00 pm MST. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

Required Reading: Yoga Sequencing: Designing Transformative Yoga Classes by Mark Stephens. Training manual will also be provided in an electronic format. **Suggested Reading:** The Language of Yin by Gabrielle Harris.

Homework: Trainees will be required to participate in weekly yoga classes and complete Class Feedback Forms for each. Trainee will also compete and turn in a final project consisting of: 1) a business plan or 2) a workshop series for a special population or specific condition, including class outlines for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Foundations of Yoga: June 2021

This course provides detailed instruction in yoga history, philosophy, theory, and spiritual study. Trainees will learn about the origins of yoga, yoga philosophy, the eight limbs of yoga, Charka theory, and the Koshas, pranayama (breath work), mediation, and prayer. In addition, trainees will learn how to study the Bible and other Sacred text and incorporate it into their class messaging for their Christ-centered yoga classes.

Training Includes:

- Session 1: Yoga History, Philosophy & Theory
- Session 2: Studying Sacred Text
- Session 3: Class Messaging
- Session 4: Breath Work, Meditation & Prayer

Instruction will take place online via Zoom on Wednesday evenings in June from 5:00-8:00 pm MST. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

Required Reading: The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar (including The Yoga Sutras of Patanjali). The Holy Bible (ESV, NIV, NASB, or NLT preferred). Training manual will also be provided in an electronic format. **Suggested Reading:** The Language of Yin by Gabrielle Harris.

Homework: Trainees will be required to participate in Bible study and turn in Journaling Notes each week. In addition, trainees will be required to participate in weekly Christ-Centered yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor.

Investment: \$825 US. Payment arrangements are available as coordinated with training center leader. Discounts offered for existing teachers. Certificate, YACEP CEUs, and M-AYST hours provided for existing teachers. Detailed schedule will be provided upon registration.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=-8&sVT=49&sView=day&sLoc=0>

This program is also available in an Online Self-Paced format. See above for information or click here to purchase: <https://www.inspiritusyoga.com/training/online-self-paced-yoga-programs/>

Mindful Eating & Yoga Teacher Training Add-On (Self-Paced)

Mindful eating is an ancient practice with profound applications for preventing and resolving common eating challenges in our modern food-abundant environment. It is a practical, universal approach for cultivating a balanced approach to food, physical activity, and self-care—without restriction, deprivation, or guilt. Am I Hungry? has offered mindfulness-based, non-diet, weight inclusive programs and training since 1999. All Am I Hungry? programs utilize the structure of the Mindful Eating Cycle, a unique awareness and decision-making tool that makes it simple to learn—and teach—mindful eating skills.

The purpose of Mindful Eating and Yoga is to weave together our mindful eating program with a physical yoga practice. Yoga is a wonderful complement to the practice of mindful eating because simply put, yoga is the art of listening to oneself. It provides students with a visceral connection and understanding so they can replicate the mindfulness practices off their mats.

This Training will teach certified yoga instructors how to offer an 8-week Am I Hungry? mindful eating workshop along with a weekly yoga class to reinforce the concepts so students can embody them off their mats. It is for certified yoga instructors (200 or 500 hour) who want to offer mindful eating workshops combined with yoga classes to embody these life-changing lessons.

This is a nine-week Online-based, self-paced training that includes:

- A total of nine pre-recorded 90-minute Webinars:
 - Weeks 1 through 8 include a 60-minute Mindful Eating Workshops facilitated by Am I Hungry? founder, Michelle May, M.D. and 30-minute discussion about integrating the themes into your yoga classes.
 - Weeks 1 through 8 also include two recorded 60-minute yoga practices AND yoga practice templates that integrate the themes each week, designed to complement and follow each of the weekly mindful eating workshops. Week 9 includes a discussion about business and marketing.
- Am I Hungry? Mindful Eating and Yoga Instructor Guide
- Eat What You Love, Love What You Eat (newly updated!)
- Your first 15-month Am I Hungry? License which includes: Password access to our Member Portal (www.AmIHungry.net) with tools for your students; additional trainings, resources, Licensee Forums, 12 audio Business and Marketing modules and marketing materials; monthly Skill-Building Webinar; quarterly updates; up to 75% off our other mindful eating trainings; and much more! (*You are required to sign a Licensing Agreement with Am I Hungry? to participate in this training. To maintain access to the licensed materials, Am I Hungry? License must be renewed annually after the 15 month period expires at a rate of \$45 per month or \$500 annually.*)
- ME-Y License and 40 Hours of M-AYST Credit

This special program is offered in cooperation with the Am I Hungry? Mindful Eating & Yoga (ME-Y) Training Program. Led by Michelle May M.D., Dawn Hopkins, and Jessie Dwiggin. Special pricing is offered to Inspiritus Yoga Graduates and M-AYST Candidates as follows:

- Inspiritus Yoga Graduates - \$1199 (\$100 off standard price of \$1299)
- AYST Participants & M-AYST Candidates - \$900 (30% off standard price of \$1299). Save an additional \$40 for the participant fee if you participate in the Am I Hungry? Mindful Eating course.
- **Registration must be done through Dawn Hopkins to receive special pricing. Email dawn@inspiritusyoga.com to receive discount code and for more information.**

Previous Offerings

These courses have been completed, but may cycle back around at a future date, based on demand.

Be sure to check out our Online Self-Paced Programs too.

Am I Hungry? Mindful Eating Workshop Series: Mindful eating—eating with intention and attention—provides a practical, universal approach to decision-making without restriction, deprivation, or guilt. Discover and learn how to apply a proven method for deciding when, what, how, and how much to eat. Learn how to listen to the signals your body is already sending you through yoga to interpret the nuances of hunger and satiety. Experience a dedicated environment for practicing instructor-led loving-kindness for yourself. Develop a more holistic appreciation for your body and what it is capable of. Mindful Eating is a wonderful complement to the practice of yoga because simply put, practicing mindfulness is the art of listening to yourself. Led by Dawn Hopkins.

Anatomy and Yoga for Special Populations: What's the difference between a bulging- or herniated disc? How about Spondylitis, Spondylosis and Scoliosis? Why do different types of inflammatory or autoimmune conditions (like fibromyalgia or rheumatoid arthritis) “flare up” and how can we avoid flare ups? How can yoga safely rehab or pre-hab sports-related and other injuries like strains, sprains, tendonosis and bursitis? What factors impact our ability to find and improve our balance—for our entire life? And, what are the unique accommodations we need to provide for students healing post-op from a spinal fusion, new hip or knee replacement, pace maker and more? Join us as we explore the anatomical and physiological underpinnings of common projects experienced by children, the elderly, as well as athletes. And discover safe and customized yoga exercises for these special populations. We invite you to bring in your additional questions so we can safely support all of our students throughout their lives. Led by Heath Reed.

Body Intelligence: Integrating Physical, Emotional, and Energetic Anatomy (NEW!): Combine all your energetic signals, like feelings and sensations, with the impulses and imagination of your mind to tap into your inner reservoir of Body Intelligence. Discover how growing your “BQ” provides a treasure trove of resources for creating more healing possibilities, deepening connections with yourself and others, and an expanded architecture of consciousness. In an era that tends to overvalue intellectual prowess and digital relationships, it's common to ignore, override or depreciate our natural birthright: our full spectrum intelligence! Body intelligence practices (e.g., yoga) utilize body sensations, breathing, and conscious movements to generate reliable and enlivening insight that cannot be arrived at merely by thinking. In this class, we'll learn to shape and embody ideas, feelings, and impulses with the practice of “bodifying” to release inertia, debris, or blind spots. Familiarize yourself with the full spectrum of your body's wisdom as you try on high-power and low-power yoga poses, shift between contraction and expansion, and integrate rather than dismiss, opposite poles of experience. Become aware of the primary centers of emotional anatomy to develop your felt sense of wholeness with inclusive “presencing” practices—in any pose, any relationship, or any event. Many of the BQ practices we'll explore will fine-tune your intuitive prowess by revealing your full-body “yeses” and “nos”. Explore moving practices of “matching” to catalyze clarity, integrity, and close the gap between what you're feeling and expressing. Get curious and open to wonder as we experiment with the fledgling field of Embodied Cognition in harmony with the primordial wisdom of your body, mind, and heart, on and off the mat. Led by Heath and Nicole Reed.

Confident Touch: Discover practices that allow you to utilize your ESP (Expanded Sensory Perception) so that you may “heal with your presence”. In this experiential hands-on journey, we explore the fundamental 3 types of therapeutic touch. We also demystify the common stories, mindsets, and assumptions that interfere with our ability to safely and lovingly give and receive touch. Expand your confidence with healing touch by embodying “Presence”, “Connect”, and “Play”. Led by Heath Reed.

Equinimity - An Equine-Facilitated Healing Experience for Yoga Practitioners: Identified as a comprehensive and integrative treatment approach, the current research on the neurological underpinnings of trauma is supportive of Eye Movement Desensitization Reprocessing (EMDR) as a treatment of choice for trauma treatment. EquiLateral™ is the Equine-Assisted EMDR Protocol, an innovative integration of Equine-Assisted Psychotherapy (EAP) and EMDR to become Equine-Assisted EMDR. This three-hour Equine-Assisted EMDR (Preparation Phase) based workshop is designed to offer the attendees the opportunity to experience nurturing and inspiring opportunities in partnership with the equine. With the equine as co-facilitator of the experience, you are invited to share mindful experiences that echo foundational principles in working with trauma survivors. Through ground-based experiential activities co-facilitated with the equine, attendees will identify and explore concepts such as attunement, tolerance for calm, presence, as well as ways to experience an internal sense of equanimity whilst working, both on and off the mat, with the most complex examples of human suffering. Led by Sarah Jenkins, MC, LPC.

Foundation Training and Growing Awareness: In any, maybe EVERY, activity, the measure of your success is built on your foundation....the basics of your alignment and quality of your movements. Foundation training is a series of whole body activities designed to bring you back to your natural integrity/alignment and movement patterns. Foundation training is also an exceptional way to compliment all of your activities and grow your efficiency of movement, whether on/off the courts, in the gym, in the yoga studio and with every day activities. In addition to it's physical benefits, Foundation training opens new space for breath, inspiration, helps clear repetitive injury patterns, and teaches your body how to move effectively and efficiently, rather than the near constant break down created by our modern living and limiting patterns. Come explore how to grow your whole body awareness, alignment and discover possibilities within yourself that surprise and delight you. Led by Audrey Hazekamp.

Healing Moves I - From the Floor to the Core: Simple, Easy, & Friendly Practices for Healing Foot, Ankle, Knee, & Hip Projects: Enjoy a cornucopia of ancient practices evolved to heal modern imbalances. Delight in your body's movement possibilities as we blend Yoga Therapy with Qi Gong, Feldenkrais, and other Movement Therapies. Familiarize yourself with the anatomical, metaphysical, and other contributing factors of lower body projects. And, gain "real world" exercises to unwind old stories of pain, and repurpose this energy to generate new possibilities of ease and flow in your body, and in your life! Led by Heath Reed.

Healing Moves II - Unwind Your Spine, Dissolve the Boulders in Your Shoulders, & Liberate Your Neck: Simple, Easy, & Friendly Practices for Healing Low Back, Shoulder, Wrist, Neck, & Headache Projects: Feel supported and nourished as we generate potent and reliable practices to invite healing into our upper body. Explore a multi-modal approach merging the best of Eastern Healing Arts with Western Wellness Approaches, and grow a nervous system that can sustain larger amounts of positive energy for longer periods of time. Let go of the pains in your neck, back, or butt in favor of cultivating practices that befriend our body, open our heart, and free our mind! Led by Heath Reed.

Mindfulness & Stress Relief: Studies show that 75-90% of all medical complaints are due to the effects of chronic stress and stress has been labeled the #1 killer in the U.S. During this course, you will learn a variety of physical training methods which integrate a mind-body approach to achieve positive changes in physiological measures of physical fitness. Develop healthy coping habits to prevent or reduce stress. Online workshop led by Trina Campbell.

Reiki Level 1: Reiki is intelligent energy that brings healing and balance to the deepest levels. You will learn the history of Reiki and its principles. You will be attuned to Reiki Level I and learn to give yourself a Reiki treatment as well as be able to give hands-on Reiki treatments to others. Practicing on yourself is most important. When you can understand it yourself you are better prepared to give it. The ability to "be" a Reiki practitioner is transmitted in the attunement process. Anyone can learn Reiki and be proficient at it! In this training, you will have the information and ability to transmit Reiki Energy to yourself, your family members, your friends, your pets, and even your plants! This course will include

hand outs with instructions and hand positions. You also receive a Reiki certificate suitable for framing – CEU's available. Led by Charla Lewis and Anita Sykes. Yoga teachers and students welcome.

Thai Yoga Bodywork: Join us as we practice Yoga stretching blended with ancient Thai healing therapies. Infuse your practice with loving kindness--or what the Thais call "Metta"--as you experience safe and profound ways to gracefully move yourself and your students or clients around the mat. Thai Yoga Massage, nicknamed "Lazy Person's Yoga", combines massage techniques with deep yogic asana to provide potent, therapeutic results. Build your confidence in assisting your students' and clients' deeper stretching and expand your touch therapy possibilities as you utilize tools like your elbows and feet to assist and adjust, and to massage and stretch others safely. Thai Yoga Massage also provides pain relief, improved flexibility, and creates length and spaciousness in both giver and receiver. Led by Heath Reed.

The Integration of Yoga and Addiction Recovery: Most of us today know of someone who struggles with an addiction. Whether it's alcohol, drugs, shopping, gaming or exercise, yoga is a helpful and healthy tool to integrate with a student's recovery or those seeking a recovery lifestyle. This class will discuss what addiction is, what recovery means and how to blend this knowledge into your teachings that will resonate for your students. The concepts and principles of 12 step recovery will be reviewed and how they relate to a variety of yogic principles with suggested poses that resonate with them that can then be led in your classes. Led by Lisa Jane Vargas.

Yin Yoga: Discover the "cooler" side of the practice and learn to teach Yin Yoga. Yin is a slow and introspective practice using deeply held postures (3-5 minute stretches) with a meditative focus to release back, hips, shoulders and legs. The profound depth and time in the poses develops stillness and reduces stiffness, while encouraging opening in the deeper tissues of the body. Props are used to assist in the deep opening of the body. Led by Dawn Hopkins.

Yoga Anatomy for Therapeutics: Explore the magic of movement by embodying anatomical insights that delight our linear-left brain and nourish our imaginative-right brain! Join us as we uncover greater kinesthetic possibilities while enjoying the unfurling of our body intelligence. Rooted in anatomical foundation, this class will encourage us to cultivate and grow a felt-experience of our body wisdom on and off the mat. Led by Heath Reed.

Yoga for Kids: Get ready to immerse yourself in the world of kid's yoga and connect with your inner child. You will learn research-based self regulation practices and creative ways to integrate yoga poses, breath exercises, and mindfulness through stories, art, music and nature. This hands on training will equip you to teach yoga to children 4-13 years of age and will provide lesson plan templates, tips on keeping the peace in the classroom, sprinkled with lots of childlike wonder, laughter and connection! Get ready to pass on the gift of yoga to the next generation. Special classes will be offered for kids during the training to provide live training. Led by Rachel Glowacki.

Yoga Nourishment: Evolving Beyond Eating Disorders: Eating Disorder behaviors manifest as an unhealthy way of dealing with stress and unprocessed emotions, i.e. shame, anxiety, and anger, that are stored in the body. Negative core beliefs about the self and body feed these destructive behaviors such as, "If I have the perfect body (external focus) then I will feel happy/good enough (internal feeling)" only to end up feeling more alone and disconnected. Led by Rachel Glowacki.

Yoga Nourishment: Evolving Beyond Eating Disorders: Eating Disorder behaviors manifest as an unhealthy way of dealing with stress and unprocessed emotions, i.e. shame, anxiety, and anger, that are stored in the body. Negative core beliefs about the self and body feed these destructive behaviors such as, "If I have the perfect body (external focus) then I will feel happy/good enough (internal feeling)" only to end up feeling more alone and disconnected. The Key to Recovery is Connection which IS the practice of Yoga. Join me on the path of ways to connect with the breath and body, flow with emotions, cultivate a more nurturing mindset, and allow the authentic self to emerge. Online workshop taught by Lori Haas, LCSW, CEDS, 500-CYT.

Yoga & Wellness Coaching Training: Coaching clients is a unique and dynamic partnership. Meeting our clients where they are at in life is both humbling and powerful. As a coach, our job is to support and create safe spaces for exploration and deep inner work. Heart Centered Healing is stepping into the full awareness that we are whole, complete, and resourceful. In this Yoga Coach course we will explore the inner work of healing. This is an introduction into supporting clients with coaching. Supporting our clients first requires us to do some self work. We will explore the spiralic healing of body, mind, and Spirit. When we learn and experience what healing looks like for us, we are better equipped to walk beside our clients, meeting them where they are. This is heart centered healing. This is an introductory course to coaching in the yoga setting. Led by Jennifer Martin.

World Religions & Spirituality: Discover the tenets of the World's oldest and most practiced religions and their pathways to spirituality. Debunk the myths and uncover hidden truths. Learn the similarities and the differences. This is sure to expand your mind and your heart to understanding people from religions over the World. Some of the traditions we will cover include: Christianity, Islam, Hinduism, Buddhism, Judaism, Native, and Science-Based Religions. Led by Dawn Hopkins.

Meet the Trainers



Dawn Hopkins is the Founder and President of Inspiritus Yoga and is the Leader of the Southwest Training Division. Dawn is an E-RYT 500 Master Yoga Instructor, Yoga Teacher Trainer, Yoga Therapist, Thai Yoga Massage Practitioner, Reiki Practitioner, and Licensed Am I Hungry? Mindful Eating Facilitator.

Dawn's journey as a health and wellness coach began in 2002 as the co-owner/operator of Curves Ahwatukee. During her 7 1/2 years with Curves, she helped over 4,000 women achieve improved health and wellness. In 2004, she fell in love with yoga. She completed her first 200 hour yoga teacher training in 2006 and started teaching yoga classes immediately after. She soon discovered she also had a passion for training and equipping instructors and began training instructors in 2008 after receiving her first 500 hour teacher training. She founded her own yoga school in 2011 after receiving her second 500 hour training, and has been helping equip teachers ever since. She now has three training divisions internationally. Dawn is a firm believer that the teacher must always be the student, so she continues to make her own continuing education a priority.

She currently owns and operates Inspiritus Yoga where she helps people find healing, growth, and transformation through various modalities of yoga, wholistic wellness programs, mindful eating, and yoga teacher training. Dawn's own healing and transformation has become her life's calling, and she feels honored and blessed to serve others in this way.



Shirley Berthelet is the Leader of the Canadian Training Division for Inspiritus Yoga. Shirley's background includes certification as a Group Fitness Instructor, Personal Training Specialist and Fitness Yoga Instructor. Shirley's journey with yoga began in 2005 at the time she was a SPRA (Sask. Parks and Recreation Association) certified Fitness Instructor and long time fitness enthusiast.

While teaching group classes for the city of Saskatoon in Saskatchewan, she was given an opportunity to participate in yoga teacher training. After her first weekend training she was hooked and subsequently pursued training to achieve her E-RYT 200 and Masters in yoga instruction. Continuing education is essential as a yoga instructor with that in mind she has participated in workshops in Advance Asana, Kids Yoga, Yoga Nidra, Restorative Yoga and Yoga for Runners. Shirley teaches a variety of classes from various perspectives, Gentle to Power Yoga, Chair Yoga & Yoga for Kids, as well as facilitating teacher training for Fitness Yoga Instructors.



Trina Campbell is the Leader of the Midwest Training Division for Inspiritus Yoga, owner of Sacred Space Yoga Centre, and founder of Exalt God Only (EGO) yoga. She is a master Christ-Centered yoga instructor, massage therapist, and reflexology therapist.

Although she has been practicing yoga for over 20 years, her first formal training was not until 2003. Five years after that, she upped her training and went on a quest to learn everything there is to know about the health benefits of yoga. She has also included massage and reflexology certifications in her repertoire. Trina opened Sacred Space Yoga Centre (SSYC) in 2015, a special space where emotional, physical, and spiritual healing takes place. The Centre offers yoga, massage and reflexology services, as well as healthy eating seminars and education on the potency of essential oils for overall health.

Trina is a highly sought after yoga instructor and speaker in the benefits and knowledge of “Christians Practicing Yoga”. Her expertise is with seniors, children, and with those looking to use yoga to offset illnesses and relieve stress. Trina loves what she does and she love sharing it with others.



Heath Reed, co-founder of Living Metta, is a Licensed Massage Therapist, Movement Therapist, and Body Intelligence Coach. Heath has studied with Thai Massage masters in Thailand for over 15 years, and has led this style of massage throughout the US and internationally to thousands of students. At the heart of this ancient healing practice is the concept of "metta" or loving kindness, and Heath emphasizes this in his approach to learning and practicing Thai Yoga Massage. Join us as we share the gift of healing touch and expand your teaching and healing potential!

“I am the most passionate and alive when I’m amplifying transformation. Whether I’m exploring my own evolutionary edges, or facilitating others to stretch into their own healing frontiers, I love to experience transformation! My life’s mission is to bridge the mundane and divine with simple, easy, and

friendly practices that are fueled by loving kindness. Join me as we explore healing moves that transform the hard work of healing, into the “easy play” of embodying loving kindness.”



Nicole Errico-Reed, co-founder of Living Metta, is a Licensed Massage Therapist, Movement Therapist, and Body Intelligence Coach. Nicole earned an Organizational Communications degree and later graduated from the Utah College of Massage Therapy. Nicole combines her enthusiasm for bodywork with her extensive experience clearly and humorously articulating the healing arts. She instructed Basic and Advanced Massage Therapy, Craniosacral, Shiatsu and Client-Centered Bodywork at the Arizona School of Massage Therapy for five years.

“It is my purpose to infuse beauty and laughter into my life and in all of my relationships. I create and surround myself with anyone interested in growing our joy factor and transforming exponentially through ancient healing arts like Yoga, Ayurveda and Qi Gong. And I bring my

transformative years as a Body Intelligence Coach and bodyworker to live loving kindness. Let’s create a playground together that allows for friendly expansion!”



Deb Althoff began her yoga journey over 20 years ago with a desire to strengthen and tone her body. It didn't take long for her to fall in love with the softer, healing side of yoga. She believes that yoga has something to offer every body, and brings a joyful and lighthearted approach to her teaching practice.

Deb received her 200-hour teacher training through Inner Vision Yoga and loved it so much that she continued with an additional 300-hours in Healing Emphasis Yoga. Her passion is helping others heal from drama, trauma and stress through Yoga for Grief and Mandala Meditation workshops.



Lisa Jane Vargas is a holistic health and wellness professional with a passion for teaching yoga and fitness to individuals with the goal of helping each heal from the inside out. Her experience and skill set includes over 20 years in the addiction and behavioral health field with an emphasis in addictions, eating disorders, trauma, pain, depression and anxiety.

She is grateful to have had the opportunity to integrate yoga and recovery principles for students in several addiction and eating disorder treatment centers over the years using her 200 Hour CYT experience. Lisa Jane is currently enrolled in the Healing Emphasis Yoga 300 Hour teacher training program with Inner Vision Yoga. She is a tennis player, enjoys hiking and plans to focus on teaching yoga in ways that will help athletes in their healing.



Charla Lewis started practicing yoga in 2000 and was hooked immediately! Her daughters noticed how it affected her and would say "Mom, go to yoga!" Upon the realization that it was transformational not only physically but mentally, she embraced it even more. After moving to Phoenix in 2009 and having the time, she was now intent on following her dream to share her love of yoga. Having previously been an elementary school teacher, she wanted to pursue teacher training to combine these two passions and began her teaching journey in September of 2011, finishing the 200 hour program in January of 2012. She immediately enrolled in a Master Program of Healing Emphasis Yoga, finishing in December, 2013.

Charla's yoga philosophy is the breath, posture, and patience. She loves to learn and to impart that knowledge to her students, emphasizing those principles. Her love of learning led her to study Ayurveda, the sister science of yoga, through the Maharishi Ayurveda Association of America to compliment her healing emphasis. She specializes in TRE or Trauma Release Exercises developed by David Berzeli, PhD, as well as postural work using the Egoscue Method. She incorporates the gong and crystal bowls into her yoga classes for a vibrational healing experience and can do one-on-one vibrational healing sessions! She is also a Reiki Master and sends love and healing in all of her classes. Charla studied ballet from age 5 to 20 and has loved returning to the Barre! She has found it to be a wonderful compliment to yoga and loves teaching Barre! She discovered the Lifeline Technique last year and realized it was a combination of many therapies she already had studied. It is an energy healing manifestation system that empowers us to live intentionally with love in the face of fear, bridging the subconscious with the conscious mind. Physical symptoms and stresses are relieved as we release long held patterns in the body! She spends her summers in Wildwood, NJ managing her family's seasonal business at the Jersey Shore and teaching Yoga on the Beach.

Anita Baran Sykes found yoga 18 years ago, at a time when she was doing hard-core outdoor recreating, such as, alpine skiing, mountain biking and kayaking, over a period of ten plus years. She



was ready for an alternative form of exercise with less impact, “Yoga saved my body, by introducing me to the true meaning of flexibility, balance and stamina.” With consistent practice she saw positive changes in her overall well-being and firmly believes yoga is a “fix” for anything that ails you. She received her 200-hour teacher certification in 2014 from Inner Vision Yoga.

She is passionate about teaching “how-to” incorporate self-healing methods into your life, with nurturing patience and compassion. On her own path she embraced energy healing through Reiki, and obtained her Medical Reiki Master certification from Raven Keyes Medical Reiki International. She believes in making people better through the healing powers of gentle human touch. Aside from her group teaching, she works with clients one-on-one providing wellness support with Reiki, Thai Yoga bodywork and Qi(Chi)Gong protocols. She helps clients along their wellness path during cancer treatments and recovery, pre/post operation, preventative care. Her Certifications: Registered Yoga Instructor, Thai Yoga Bodyworker, 200hr QiGong Instructor and Stand Up Paddle Board Instructor Yoga endorsed.

injuries, trauma and overall



Lori Haas, LCSW, CEDS, 500 hr CYT, is a holistic oriented psychotherapist (28 years), Certified Eating Disorders Specialist (CEDS), and Healing Emphasis Yoga Therapist specializing in recovery from eating disorders, trauma (EMDR trained) and anxiety. She is the author of the book chapter, “**Yoga for Emotions: Tools for Healing from Eating Disorder Behaviors**” in *Yoga and Eating Disorders: Ancient Healing for Modern Illness* edited by Carolyn Costin and Joe Kelly, 2016. She has seen the powerful effects of weaving yoga and psychotherapeutic tools to foster connection with the mind, body and heart for clients, students, and mental health clinicians. Lori has led many workshops and classes at yoga studios, mental health treatment centers, and conferences including the International Association of Eating Disorders Professionals (IAEDP) Symposiums.



Laurie Trigilio has a Bachelor of Social Work and Master in Counseling and retired in 2011 from the Federal Courts. She began a regular practice of yoga in 1998 due to running injuries and soon discovered it provided greater balance in her life in many ways. She experienced increased physical and mental well-being, the bliss of inner peace, and the awakening of a dormant spirituality. Her desire is to touch other's lives the way her life has been touched, to inspire them and to nurture them to deepen their yoga practice. Her teaching encourages mindfulness, safe alignment, and healing movement and breath. She has been teaching yoga and facilitating women's retreats since 2004. She is 500-hour Yoga Alliance certified, with an additional 300-hour certification in Healing Emphasis Yoga through Inner Vision and a 45-hour certification to teach Yoga for Cancer (Y4C). Following her certification, Laurie spent five years working at MD Anderson Cancer Center teaching yoga and mindfulness classes. She continues to

teach Y4C classes at Inner Vision yoga.



Rachel Glowacki is an international yoga teacher and writer. She has spent the past ten years training, writing and teaching from both a faith-based perspective and a public-school friendly approach for adults and children. She has been on the forefront of progressing conversation about yoga as a component of spiritual health and loves teaching about the body in creative ways, leading imaginative visualized meditations, and finding the intersections of faith and daily life. She has trained over 300+ kids yoga teachers worldwide.

Rachel is the author of Kids Yogaverse: I AM LOVE digital storybook app written specifically for the screens of iPads, Barnes and Noble Nooks, Android tablets and XO tablets for One-Laptop per child. This storybook app was “Highly Recommended” for the healthy app choice in 2012 by the U.S. Surgeon General. She is also the co-author of of two kids yoga apps: I

AM ENERGY and I AM SUN, I AM MOON. Rachel’s work has been featured in MINDBODYGREEN, Salt and Water Magazine, Parents Magazine, Elephant Journal, Parenting Magazine and CBS DreamTeam’s, Chicken Soup for the Soul’s Hidden Heroes Television Series and National Kids Yoga Conference.



Leanne Parsons, RYT 200, YfR My yoga path began as an invitation to join a friend at the local YWCA for an all levels yoga class. From the moment I took that first deep breath and stepped away from my busy life I knew I had found something that would impact me for years to come. I have done many things on the road to physical wellness and fitness, I enjoy weight training and for the past 8 years I have trained for and competed in several 5K, 10K and Half Marathon races. My yoga practice compliments my other fitness interests. The more I practiced the more I wanted to learn, I enrolled in and completed my 200 Hr. RYT through Namaskar Studio and have pursued additional training in Yoga Nidra, Meditation and Yin Yoga. I have a keen interest in Anatomy and love to learn how our bodies work. In June of 2014 I attended Christine Felstead’s Yoga for Runners an intensive 6 day training. In September of 2014 with my long time running/yoga partner’ BreatheMoveBe was launched. Together we offer Yoga for

Runners classes and workshops. It is the perfect combination of passions.



Michelle May, M.D. is a recovered yo-yo dieter, retired family physician, and the founder of the Am I Hungry? ® Mindful Eating Programs and Training (www.AmIHungry.com) that helps individuals resolve mindless and emotional eating and senseless yo-yo dieting. Michelle is the award-winning author of the *Eat What You Love, Love What You Eat* book series that guides readers to eat fearlessly and mindfully. Her passion, insight, and humor stem from her personal struggle and professional experience. She shares her compelling message and constructive approach with audiences around the country and has trained over 700 health professionals to facilitate Am I Hungry? Programs worldwide.



Jessie Dwiggins: Jessie's passion for yoga and mindful eating is evident in her teaching. It was her personal transformation that led Jessie to discover her enthusiasm for teaching yoga and mindful eating. Jessie started practicing yoga purely for exercise and soon discovered it was so much more. Yoga helped to calm her anxiety, allowed her to reconnect with herself, and led her to appreciate what her body is capable of. Jessie has been teaching Forrest Yoga and Power Yoga since 2007. Jessie also holds undergraduate degrees in nutrition and exercise physiology and a graduate degree in nutrition. She is a licensed Am I Hungry? facilitator and certified Wellness Coach.



Audrey Hazecamp: Through her passion for integrity on all levels, and discovering new ways to model and inspire vitality and aliveness, Audrey Hazecamp provides game changing practices for optimal well-being. Audrey harmonizes her education as an exercise physiologist, nearly 30 years in the healthcare industry, multiple certifications and extensive life experience to bring a well-balanced, fun flavor to facilitating body intelligence and Foundation Training. She shares what she loves and what works, and is an exceptional leader and facilitator in service of whole systems integrity, and living a really good life.



Sara Chesterfield: I'm just a woman trying to figure out this life we are given with grace and ease, but some people like to see the experience behind the yogi. I am trained as a 500E-RYT, Certified Chair Yoga Instructor, Certified Yoga Nidra Instructor, and 200 Medical QiGong Instructor. I started this yoga journey in 2007 and haven't looked back. I have spent time learning, listening, and practicing from the amazing teachers around me. Inspiration is everywhere. This led me to study at Zen Wellness Center to receive my 200 Medical QiGong Certification. There was something about the TCM way that inspired me like nothing else. My Medical QiGong lineage is through Master Michael Leone at the Zen Wellness Center in Arizona. I received my 200 and 300 YTT through Inner Vision Yoga in Arizona. I am forever grateful to the teachers that came before me and the teachers that will continue their lineage.



Sarah Jenkins: With a thriving private practice in Arizona, Sarah Jenkins, MC, LPC, CPsychol is an EMDRIA Approved EMDR Training Provider, EMDRIA/ HAP Approved EMDR Consultant, Certified EMDR therapist, Equine Assisted Therapist, yoga practitioner, and life-long horse woman. Through Sarah's experience in both EMDR therapy and Equine-Assisted Therapy Sarah created Equine-Assisted EMDR and EquiLateral the premiere EMDRIA Approved training for integrating EMDR and Equine-Assisted Therapy. A trauma and dissociation specialist, and EMDR therapist for over eighteen years, Sarah's expertise also includes providing consultation and trainings on the application of structural dissociation theory, EMDR therapy, and the treatment of complex trauma. Sarah's EMDRIA Approved EMDR Training also provides advanced curriculum on dissociation and the treatment of complex trauma. A highly sought after public speaker, Sarah has presented at numerous national and international conferences including EMDRIA, EMDR Canada, and EMDR Europe. More

information about Sarah's practice can be obtained by visiting www.DragonflyInternationalTherapy.Com or www.EAEMDR.com



Jennifer Martin: Jennifer is the owner of Heart Center Healing. She brings yoga, Reiki, and Energetic Coaching to assist women in their healing journey. Jennifer began her yoga journey in 2008. Since then yoga has been a central line to her. "It gives me a framework of returning to my center." she states. She completed her 200hr certification in 2008 and her 500hr in 2010. Feeling the pull to expand she obtained her Coaching certification in 2014 and again feeling the need for more, worked to get her certification in Spiritual and Energetic Coaching in 2016. In recent years she has been on the journey of studying and offering services to people healing from trauma. Using somatic techniques along with deep inner exploration helping women heal from deep seated emotional trauma. Reiki has been the newest modality in her toolbox. Jennifer believes that the connection to body, mind, and Spirit in healing is a catalyst for transformational healing.



Karmie Christian, E-RYT500, YACEP: I have been practicing yoga since 1999. I began my practice as a means of exercise and stress-relief while working in the corporate world and the practice carried me through my pregnancy with twins, the loss of my father to cancer and through my own cancer journey. The love for the practice led me to teacher training in August of 2009. This move created a pathway for greater understanding of asana, pranayama and meditation and gave her a safe place to drop the shields and find her heart. Life has a way of "disrupting the applecart", but I have found the practice has helped me become calm in the face of life's challenges. Now, I share the experience of yoga with others in a safe environment that promotes well-being and self-acceptance and train teachers to find their own voice to share the practice.



Kimberly Elkins: My yoga practice came into my life several years ago. I was feeling worn out and overwhelmed without really taking the time to understand how I ended up there so I decided to try something new. I became enthralled because yoga is as subtle or as intense as you need it to be and it all has to do with choice. Little did I know this practice would turn into a developing love story, not only with myself, but humanity too. The mere fact that I had choice in my practice, which empowered my voice, to do or not to do a pose or stay laying on the mat and cry if that is what I needed. This type of engagement with myself was so healing and profound that I knew I wanted to share this with others. I chose to gain more knowledge of this rich practice by completing my 200-hour certification program. Discovering the power of choice brought my voice to the surface and I plan to use it by saying the very words and share the very stories that make us uncomfortable with each other. I have been called to the razor's edge where I wrestle with my ego and God.



Becky Giles: Becky Giles is a 200 Hour Yoga Teacher Training and 200 Hour Meditation Instructor. I hold many other certifications in both Yoga and Meditation and all combined have over 500 hours of experience.

I believe Yoga and Meditation are a way of bringing peace and calm to our busy lives. I began a Yoga practice many years ago, but for me it wasn't love at first sight. It didn't take long for me to realize that the slowing down I was resisting during Yoga, was exactly what I needed! Now, I can't imagine a life without Yoga and Meditation. I am here to help you get past the "I can't meditate" stage so you can incorporate this practice into your life. My goal is to ensure Yoga and Meditation are accessible to everyone, at every age, so you can reap the many benefits in your life!



Marti Ogle: I started practicing yoga in 2015 to help with chronic neck pain. I quickly discovered the stress relieving benefits of the practice and I was hooked! I love to teach and I have worked as a corporate trainer for the past 30 years in a wide variety of industries.

I completed my 200 hour yoga instructor training through Inspiritus Yoga in 2018, with the goal of enhancing my personal practice. I realized after graduation that I really wanted to teach yoga and share what I had learned with others. I am currently enrolled in the 300 hour Master Instructor training with an emphasis on Therapeutics. I have specialty certifications in Yin, Restorative, and Yoga Nidra. I particularly love teaching gentle classes for people who are new to the practice.

Yoga is my passion and there is always more to learn!