



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 online instruction. 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 both in-person or online. 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.

2022 Schedule of Current Offerings

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

“Liberating the Light” Coaching Yourself and Others Through Trauma

No matter our experiences in life, everyone has experienced some level of trauma. Trauma is defined as a sudden disruption or wounding. It may also show up as chronic exposure to a significant stressor. Combine those stressors with an inability to 'get away' from the real or perceived threat, and our systems (body and mind) adapt and re-organize for protection. Trauma patterns interrupt our felt sense of ease, possibility, harmony, literal mobility, and reduce access to our inner resourcefulness and freedom of choice. With consistent, caring and measured attention, this resourcefulness and choicefulness can be recovered. The process of resolving the leftover from trauma includes learn-able practices and skills that assist us in living into our full spectrum well-being. This course series introduces reliable practices that can be mastered for our own sake. With practice, they also grow our capacity to be with and support others on the journey of resolving trauma, one gentle step at a time.

As a result of navigating this global pandemic for the past few years, we are all dealing with a new condition called “PCSD”, or Post Covid Stress Dysfunction. The pandemic has challenged our perceptions of the world and of the people around us. Is it safe? Are THEY safe? And much more... The practices and information contained in this course will assist you in healing, “re-entry”, and moving forward in this new landscape from a place of presence, no matter what your experience has been.

During our time together we will focus on the following:

- Creating/sourcing safe space
- How to circulate your attention
- Moving from temporary relief to sustainable presence
- Locating yourself in the midst of chaos/big energy
- Spacious listening
- Inviting and engaging wholeness
- Redesign your relationship with yourself, others and the outside world

Online or Self-Paced course led by Audrey Hazekamp, Conscious Coaching specialist and trainer, and owner of Tall Poppy, Inc.

- **Thursdays - April 21, April 28, May 5, and May 12 from 5-7 pm PDT**
- **Online or Self-Paced by Recording**
- **Investment \$225** - Tuition includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.

This course offers 8 YACEP CEUs and M-AYST Hours. Integrate your learning with home practice and earn up to an 8 additional YACEP CEUs/M-AYST Hours. Applies toward a specialty in Yoga Therapy (TH) or Yoga Wellness Coaching (YWC).

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=-8&stG=23&sVT=80&sView=week&sLoc=0&date=04/21/22>

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, 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:

Foundations of Yoga

- Yoga History, Philosophy & Theory
- Studying Sacred Text
- Class Messaging
- Breath Work, Meditation & Prayer

Teacher Ethics & Leadership

- Teacher Ethics, Roles & Responsibilities
- Yamas & Niyamas
- The Four Pillars of Integrity
- Servant Leadership
- Self Care

Class Design & The Business of Yoga

- Class design and sequencing for Gentle & Level 1
- Class design and sequencing for Level 1-2 and Vinyasa
- Playlist development and online teaching considerations
- Business tools and marketing
- **Investment \$825 (normally \$1200)** - Includes training materials and weekly mentoring. Required reading materials are not included in the cost of tuition.
- 60 YACEP CEUs/M-AYST Hours and certificate are provided upon successful completion of all requirements.
- Participants may also participate in Level 1 and/or Level 1-2 yoga camps to refresh their Asana training at a 50% discount. Email dawn@inspiritusyoga.com 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 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=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, Feldenkrais, 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 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=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 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=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 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=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 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>

NEW! Introduction to DiSC: Understanding Yourself and Others: 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. Online self-paced workshop led by Marti Ogle, Corporate Trainer and 200-RYT. Everyone is welcome.

- **Investment \$150** - Includes assessment workbook
- 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 for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&styp=43&prodid=100242>

NEW! 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 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 for M-AYST candidates.

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

NEW! Psoas (Trauma & Stress) Release Yoga Training: Psoas Release is a form of yoga therapy designed to assist our body's innate ability to release stress and 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 Berzeli, 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 and therapists only please.

- **Investment \$280**
- Includes 12 YACEP CEUs/M-AYST hours for teachers. An additional 10 CEUs/M-AYST hours are provided upon completion of required homework. Applies toward a specialty in Yoga Therapy (TH) or Yoga Wellness Coaching (YWC) for M-AYST candidates.

Register: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&styp=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 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=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 resourcefulness...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 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 for M-AYST candidates.

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 for M-AYST candidates.

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 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 for Mental Health and Healing Workshop & Training: The mental health and healing benefits of yoga have been known and practiced for thousands of years. Science has finally caught up and has proven that yoga practices help with general stress relief, anxiety, depression, sleep disorders, chronic pain, addiction, trauma recovery, PTSD, eating disorders, and much more. Join Dawn Hopkins, Master Yoga Instructor, Yoga Therapist, Yoga Teacher Trainer, and Mindful Eating Coach as she shares some of the practices that helped her heal from her own trauma and eating disorder, and set her on the path to discover her own wholeness: mind, heart, body, and spirit. This course is perfect for personal healing and growth, or for those who teach, coach, or work in a therapeutic capacity.

- **Investment \$150 Students /\$180 Teachers** - Tuition includes training materials and mentoring. Suggested reading materials are not included in the cost of tuition.
- Includes 8 YACEP CEUs/M-AYST hours for teachers. An additional 8 CEUs/M-AYST hours and certificate are provided upon completion of required homework. Applies toward a specialty in Yoga Therapy (TH) or Yoga Wellness Coaching (YWC) for M-AYST candidates.

Register Student: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100251>

Register Teacher: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&stype=43&prodid=100249>

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:

- Benefits of Yoga for Cancer and the science and research behind it.
- Applying Yoga Principles to create a safe and effective practice utilizing pranayama, asanas, movement, and meditation.
- Managing Side Effects of cancer and treatment with yoga tools.
- Designing a Class or Series applying the concepts learned.

• **Investment \$180**

- 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 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 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=100108>

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 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 Sara Chesterfield.

- Introduction to Zen Yoga and the Five Chinese Elements/Spring
 - Summer: Fire & Earth Elements
 - Fall: The Metal Element
 - Winter: The Water Element
- **Investment \$180**
- 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 2022 (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 2022

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 from 5:00-8:00 pm MST/PDT. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

• Online Wednesdays March 2, 9, *16, *30 from 5:00-8:00 pm MST/*PDT

- 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. Certificate and YACEP CEUs provided for existing teachers.

Class Design & The Business of Yoga: May 2022

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 from 5:00-8:00 pm PDT. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

• Online Wednesdays May 4, 11, 18, 25 from 5:00-8:00 pm PDT

- 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. Certificate and YACEP CEUs provided for existing teachers.

Foundations of Yoga: June 2022

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 Sacred text and incorporate it into their class messaging for inspirational or 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 from 5:00-8:00 pm PDT. All training sessions are recorded and the link to the recording is provided within 24 hours of the session.

- **Online Wednesdays June 8, 15, 22, 29 from 5:00-8:00 pm PDT**
- Required Reading: The Heart of Yoga: Developing a Personal Practice, Edition by T. K. V. Desikachar (including The Yoga Sutras of Patanjali). Choice of sacred text (A list of approved Sacred Texts will be provided. Biblical study is required for Christ-Centered trainees. 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 study the sacred text of their choice and turn in Journaling Notes each week. In addition, trainees will be required to participate in weekly yoga classes and complete Class Feedback Forms for each. Trainees will also be required to participate in weekly mentoring, as coordinated by their mentor. Certificate and YACEP CEUs provided for existing teachers.

Investment \$825 (normally \$1200) - Includes training materials and weekly mentoring. Required reading materials are not included in the cost of tuition.

- 60 YACEP CEUs/M-AYST Hours and certificate are provided upon successful completion of all requirements.
- Participants may also participate in Level 1 and/or Level 1-2 yoga camps to refresh their Asana training at a 50% discount. Email dawn@inspiritusyoga.com for details.

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

This program is also available in an Online Self-Paced format. See course description above for information or click here to purchase: <https://clients.mindbodyonline.com/classic/ws?studioid=443428&styp=43&prodid=100155>

Mindful Eating & Yoga Teacher Training Add-On (Online 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 of 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 Dwiggins. 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**

Meet the Trainers



Dawn Hopkins I am the Founder and President of Inspiritus Yoga: Wholistic Wellness & Training Centers, an international yoga school with training centers in Phoenix, Detroit, and Saskatoon, SK. I hold B.A. and M.A. degrees from the University of Illinois Champaign-Urbana and I am a Master Yoga Instructor and Trainer, Yoga Therapist, Thai Yoga Massage and Reiki Practitioner, and Licensed Am I Hungry? Mindful Eating Facilitator.

I have been helping people improve their health and wellness since 2002 when I purchased a women's fitness franchise with a friend. My love of fitness and wellness led me to get certified as a personal trainer and mindful eating coach. With hard work, we grew our franchise into one of the most successful in Arizona. I was awarded the Palo Verde Woman of the Year Award in 2007.

In 2004, I had a profound spiritual experience in a faith-based yoga class that changed my life forever. As a result, I became a yoga instructor in 2006 and began teaching. My love of yoga led me to receive a master-level certificate, and I began training instructors in 2008. Soon after, I founded The Living Well Retreats and began facilitating yoga and wellness retreats and workshops. In 2011, I co-founded The Center for Living Well, a nonprofit yoga ministry and yoga school after receiving my certificate in yoga therapy. In 2017, I founded Inspiritus Yoga: Wholistic Wellness and Training Centers. I was nominated for the MASK Unity Award in 2018.

I continue to operate and grow Inspiritus Yoga. I feel honored and blessed to help people find healing, growth, and transformation through various modalities of yoga, wholistic wellness programs, mindful eating, yoga teacher training, and continuing education. Since I discovered my life's calling, I haven't worked a day in my life.



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 Berceli, 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, injuries, trauma and overall preventative care. Her Certifications: Registered Yoga Instructor, Thai Yoga Bodyworker, 200hr QiGong Instructor and Stand Up Paddle Board Instructor Yoga endorsed.



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!