

# Yoga Tools for Therapists



rhythms yoga  
training

HELPING PEOPLE THRIVE THROUGH YOGA

## What Therapists are Saying

*"I loved that we not only got to learn HOW to do the poses but also WHY to do them. The neuroscience behind the yoga, the best ways to do the poses, how to modify them...It was all really helpful."*

*- Kamleh, Psychiatrist*

*"(I loved) the evidence and science presented. The way the information was organized using the Pancha Maya model resonates with the way I apply tools of yoga with children."*

*- Mary, Occupational Therapist*

# Helping People Find Their Rhythm Through Yoga

## June 4 – July 16, 2022 Program

### You can make a bigger difference in people's lives.

We teach therapists an effective yoga therapy option. What sets RYT apart from other integrative therapies is that many clients already love yoga, it costs next to nothing to maintain, and it's tailored for people's different mental health needs.

Help clients with anxiety and depression to release bodily tension, decrease mental stress and find clarity through yoga practices that complement your clinical experience. Our training offers you the latest in evidence-based practice, integrating neuroscience that will transform the way you work with clients.

### Yoga Tools for Therapists: About the Program

This is a 6-week online program delivered via interactive live web streaming. Students talk to the trainers and one another.

- Cost: \$500 for a limited time (\$800 is the standard price).
- CEUs: 30
- Class duration: 6 online sessions, each session is 5 hours. Several short breaks and a lunch break during each session.
- Two case presentations: discuss how you used the tools with actual clients.
- Materials: book, handbook and homework forms. PLUS: Free access to RYT's paid online videos and podcasts.
- Certificate of Completion

### About RYT

We believe in a world where people thrive. Our vision is to optimize people's well-being by helping them become resilient, confident and supported.

### Why take this training?

- Michelle Fury is a recognized leader in therapeutic yoga.
- RYT's clinical experience in a hospital setting.
- RYT instructors are licensed therapists.
- Yoga therapy is low-cost.
- Many clients already know and love yoga.
- Yoga can be tailored to specific mental health needs.
- Yoga is an effective mind / body practice that evolves with the client over time.
- Yoga is accessible for nearly all ages and body types.

**Register Now or Contact us with Questions**

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