

Mindful Yoga

January 26-27, 2019

Saturday 10-4

(bring sack lunch)

Sunday 1-4

*Limited to 25 participants.

Cost: by donation

This program is offered freely by Kimberly Carson. Any donations given by participants will benefit the Center for Sacred Sciences.

For further information or to register using our online form:

events@centerforsacredsciences.org



For Yoga Teachers: Learn new teaching techniques that emphasize benefits of mindfulness and inquiry for medical challenges.

For Yoga Students: Experience ways to deepen and expand your practice to skillfully navigate physical and emotional challenges.

For Medical Providers: Discover the clinical benefits of Mindful Yoga as reported in research trials. Experience the practices as facilitated by a leader in the yoga therapy field.

January 26-27, 2019

Center for Sacred Sciences

Eugene, Oregon

events@centerforsacredsciences.org

Weekend Introduction to Mindful Yoga

WITH KIMBERLY CARSON, MPH, C-IAYT
FOR YOGA TEACHERS, YOGA STUDENTS
& CLINICIANS



Discover strategies to ease the nervous system for those living with cardiovascular, chronic pain and cancer-related challenges using yoga practices integrated with mindfulness and inquiry.

January 26-27 2019

Mindful Yoga: Discovering Ease through Inquiry

Informed by traditional yogic teachings, this gentle physical approach stretches and strengthens the body, settles the mind, and enhances awareness of the deep-down goodness at the heart of us all.

Participants in research trials of this program at Duke Medical Center and Oregon Health & Sciences University have reported:

- Decreases in symptoms such as fatigue, pain, insomnia, hot flashes, and negative mood
- Increases in energy level, and the ability to relax and resiliency in facing stressful situations

The weekend program will include instruction, practice and discussion of safe, gentle physical exercises (asanas), breath practices, meditation practice and an introduction to inquiry-based yoga practices.

About the instructor:

Kimberly Carson, MPH, C-IAYT, is a mindfulness educator and yoga therapist at Oregon Health & Science University, specializing in the therapeutic use and scientific study of mindfulness and yoga for people with medical challenges. Kimberly currently offers mindfulness classes to cardiac, oncology (inpatient and outpatient), chronic pain, and internal medicine patients and has taught Mindfulness-Based Stress Reduction for close to 20 years.

In addition to co-developing the Mindful Yoga program, Kimberly has co-authored over 30 peer-reviewed articles and has co-directed national professional trainings for yoga teachers and allied health professionals at OHSU, Duke Integrative Medicine, VA Centers, Kripalu and other locations around the country. Based on the pioneering Yoga for Seniors program, developed in partnership with Duke faculty who specialize in various aspects of aging, Kimberly co-authored *Relax Into Yoga for Seniors* (New Harbinger 2016).

For more information about Kimberly's work, please visit:
www.mindfullyogaworks.com.



Mindful Yoga

Saturday, January 26
10am --4 pm
60 minute lunch

Sunday, January 27
1pm – 4pm

The Training is offered as a benefit for the Center for Sacred Sciences in Eugene. Participants may donate as much or as little as they deem appropriate. See back leaf of brochure for more information.