

# Elemental Yoga Mind-Body Teacher Training Program



*with Bo Forbes, Psy.D., E~RYT500*

June 2008 ~ April 2009

The Arlington Center ~ Arlington, MA

Next Intensive: June 20-30, 2008

The Mind-Body Teacher Training is presented by Elemental Yoga  
in partnership with Healthworks Education Institute (HEI).

## Exploring the Mindbody Matrix:

- the psychology of yoga, including energetic and emotional anatomy
- integrative yoga therapeutics
- anatomy, alignment, and the physical practice of yoga
- the art of assisting
- sanskrit and yoga philosophy
- self-study and professional development

The Elemental Yoga Mind-Body Teacher Training is designed for aspiring teachers and yogis who are as committed to the journey of self-discovery as you are to the process of becoming a teacher. You will learn to teach yoga as Mind-Body Medicine, blending the alchemy of personal growth with the power of yoga as a healing art. With its focus on Integrative Yoga Therapeutics, this training interweaves the physical, mental, emotional, energetic, and spiritual elements of yoga in a passionate yet playful way that empowers your practice of self-awareness and teaching.

<b>physical</b>	grounded in the study of anatomy and alignment
<b>emotional</b>	investigating the energetic, intuitive, and emotional bodies
<b>philosophical</b>	igniting the quest for self-knowledge and spiritual growth
<b>mental</b>	imbuing intention to explore with the life-force of community
<b>energetic</b>	investigating the subtle realms of the Mind-Body Matrix

**Bo Forbes, Psy.D., E-RYT500**, is a yoga teacher, yoga therapist, and clinical psychologist with over eighteen years of clinical experience in mind-body healing. She is the founder of **Elemental Yoga**, Director of the **Elemental Yoga 200-hour Mind-Body Teacher Training Program**, and Director of the **Center for Integrative Yoga Therapeutics** in Boston, MA. Her background at the University of Chicago includes training in Biopsychology and Sleep Disorders, Behavioral Medicine, and Stress Management, which informs her teaching and teacher trainings. Bo teaches nationally at workshops, conferences, studios, and retreat centers, including Yoga Journal, Kripalu, and Omega, and conducts trainings for psychotherapists on the integration of yoga into psychotherapy. She writes about yoga and psychology; her articles are frequently featured in **Yoga Journal** and **Body and Soul Magazine**.

For more information, visit [www.elementalyoga.com](http://www.elementalyoga.com)

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