

# Yoga & the Nervous System in Health & Mental Health Care.

For caregivers, health and mental health professionals.

[www.yogainpsychotherapy.com](http://www.yogainpsychotherapy.com)



CEUs available for mental health professionals.

## **LECTURE/CLASS: "Healing the Nervous System with Yoga."**

Tuesday, Jan. 24, 7-8:30 p.m. No charge. *CEUs available.*

## **WORKSHOP: "Bringing Trauma-Sensitive Yoga into Psychotherapy and Counseling."**

Jan. 27, 6:30-9:30 p.m.; Jan. 28-29, 1-5:45 p.m. \$175. early registration. (Register at [www.yogainpsychotherapy.com](http://www.yogainpsychotherapy.com) ) *CEUs available.*

Taught by Joann Lutz, M.S.W., Certified, Trauma-Sensitive & Ayurvedic Yoga.

Location: *Caritas Center for Healing, 330 E. 16<sup>th</sup> St., Tucson 85701*