



Yoga of Awareness for Well-Being

Cultivate tools and skills that support greater happiness and ease

**September 30 -
November 18th, 2014**
Eight Tuesdays, 5:30-7:30 p.m.

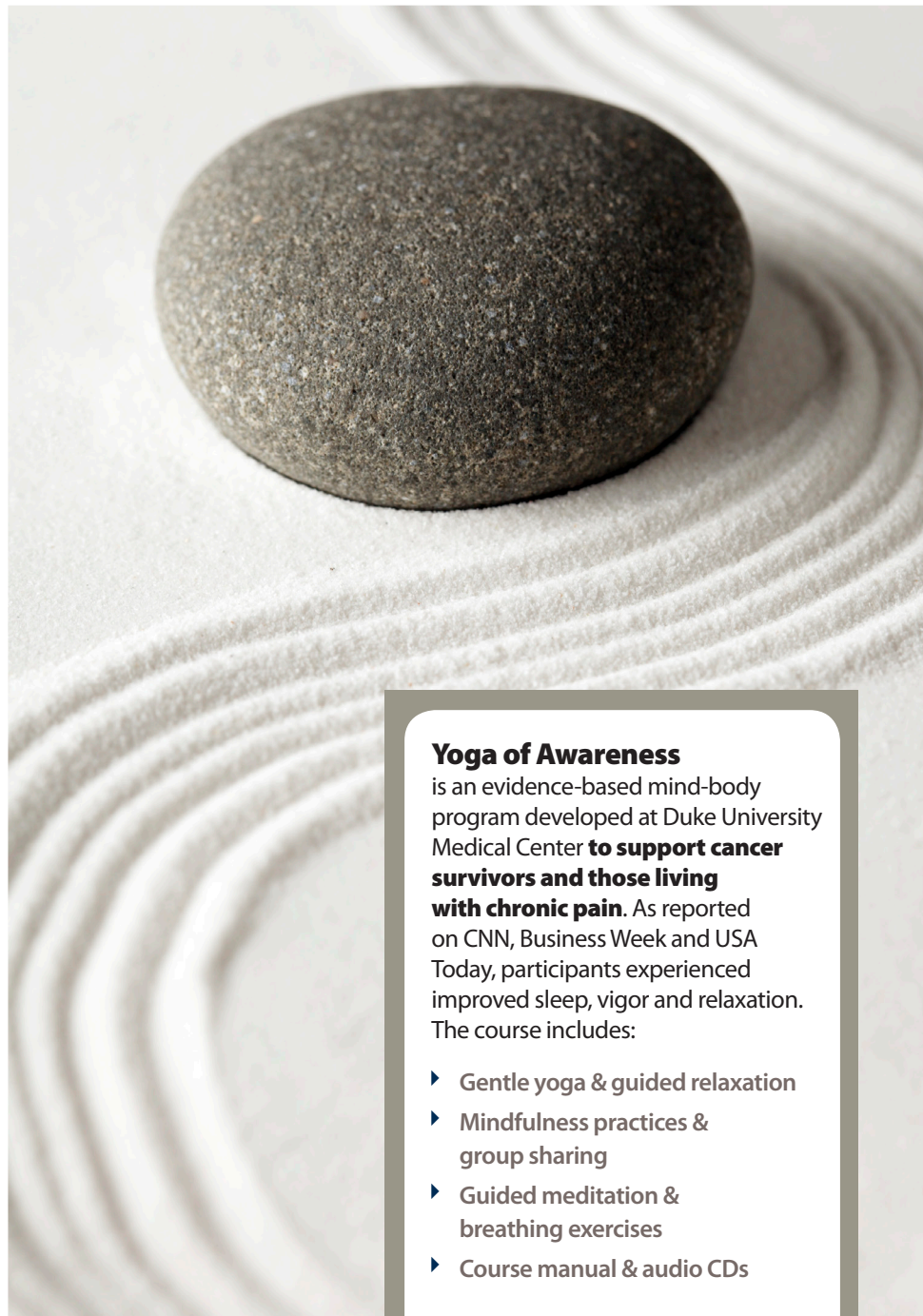
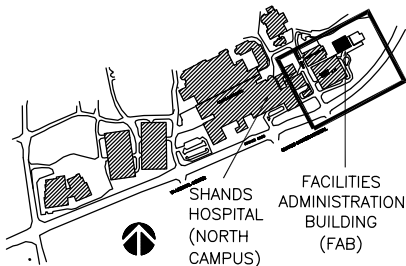
Presented by
Tammy Bernard, MEd, E-RYT
Yoga Practitioner
UF Health Integrative
Medicine Program

This program is appropriate for anyone desiring to live more skillfully and is approved for 16 continuing nursing education contact hours and 16 CE for LMHCs, LMFTs, LCSWs and Florida massage therapists.

\$185 for UF Health staff and Patients
\$250 for non-staff

**limited scholarships available for cancer survivors*

Located in the Facilities
Administration Building
Education Center Room 2



Yoga of Awareness

is an evidence-based mind-body program developed at Duke University Medical Center **to support cancer survivors and those living with chronic pain**. As reported on CNN, Business Week and USA Today, participants experienced improved sleep, vigor and relaxation. The course includes:

- ▶ Gentle yoga & guided relaxation
- ▶ Mindfulness practices & group sharing
- ▶ Guided meditation & breathing exercises
- ▶ Course manual & audio CDs



**UF HEALTH INTEGRATIVE
MEDICINE PROGRAM**

Supporting people on their journey to realizing wholeness.

For more information, please email bertam@shands.ufl.edu or call 352.733.0881.