



Yoga of Awareness for Wellbeing

Cultivate tools and skills that support greater happiness and ease

May 3 - June 7, 2017

Six Wednesdays, 5:45 - 7:45 p.m.

\$175

**Advanced registration required*

Presented by

Tammy Bernard, MEd, E-RYT

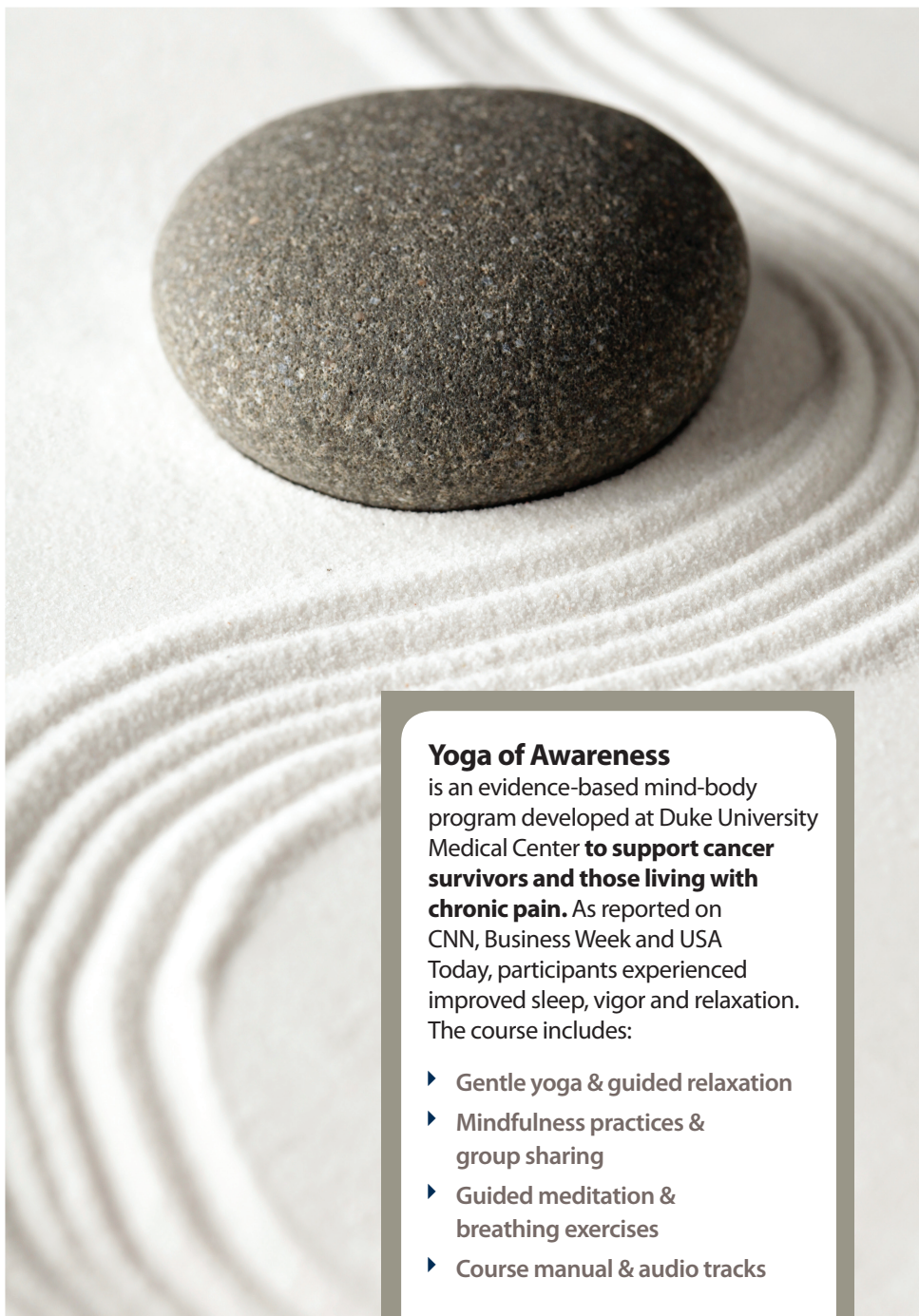
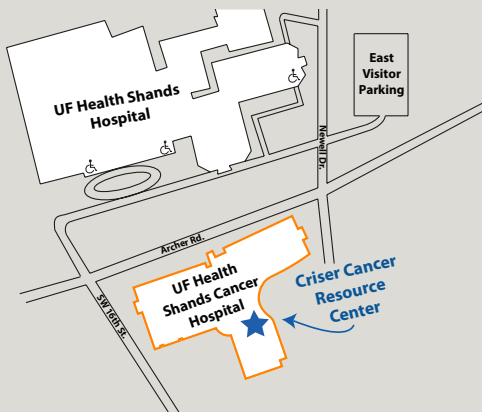
Yoga Practitioner

UF Health Integrative

Medicine Program

This program is appropriate for anyone desiring to live more skillfully and is approved for 12 CEs for LMHCs, LMFTs, and LCSWs, LMTs, and E-RYTs.

**Located in the Criser Cancer Resource Center
1515 SW Archer Rd., Gainesville, FL 32608**



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 tracks

UFHealth
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