

# Yoga and iRest Meditation Immersion Training for Mental Health and Frontline Professionals

3-DAY TRAINING

JULY 23<sup>RD</sup> – 25<sup>TH</sup>, 2021

ONLINE REGISTRATION REQUIRED PRIOR TO TRAINING

## Daily Schedule:

FRIDAY, JULY 23

**2:00 PM**     **Practicum:** Building Resources for Clinical Practice  
Basic Skills for Self Regulation — Meditation (15 Min.)

### Learning Objectives:

- Demonstrate Self Regulation.
- Identify the five subtle bodies: the body of sensation, breath & energy, feelings & emotions, cognition, and joy.
- Increase Self Regulation through improved management of cognition/thoughts.
- Demonstrate somatic awareness by rotating through the body of sensation.

**2:15 PM**     **Practicum:** Building Resources for Clinical Practice Breathing  
Based Safe Coping Resources — Pranayama (15 Min.)

### Learning Objectives:

- Learn five different types of breathing exercises to increase self regulation, prevent stress and integrate existing traumatic injury by calming the nervous system.
- Discover how breath and cognition are linked and how to use this knowledge and practice to calm the polyvagal nerve.
- Practice multiple resources to strengthen polyvagal tone and flexibility producing easeful movement between up regulation and down-regulation.
- Discover the down regulation gap at the end of the exhaling breath.

- 2:30 PM** Hatha Yoga Class Self Regulation, Somatic & Sensory Resources to Strengthen Polyvagal Flexibility and Increase Awareness — (75 Min.)  
***NOTE:** Hatha Yoga session is specifically for clinician's optimal wellness. It is not recommended that the clinician teach Hatha Yoga at work or in a private setting.*
- 3:45 PM** **BREAK**
- 4:00 PM** **CHECK IN AND REGISTRATION**
- Program Overview and Questions in-Depth
  - Set Foreground
  - Receive and Review Manuals
  - Logistics, Questions
- 5:00 PM** **DINNER**
- 6:00 PM** Gather for discussion and questions.
- 6:45 PM** **Practicum:** Building Resources for Clinical Practice Integrative Restoration iRest Yoga Nidra — (15 Min.)  
*Install the Inner Resource of Ease and Well Being*
- 7:00 PM** **END**

## Daily Schedule:

**SATURDAY, JULY 24**

- 8:00 AM** **SIGN IN**
- 8:15 AM** **Practicum:** Building Resources for Clinical Practice Basic Skills for Self Regulation — Meditation (15 Min.)
- 8:30 AM** **Practicum:** Building Resources for Clinical Practice Breathing Based Safe Coping Resources — Pranayama (15 Min.)
- 8:45 AM** Self Regulation, Somatic & Sensory Hatha Yoga Based Resources to Strengthen Polyvagal Flexibility and Increase Awareness — (75 Min.)
- 10:00 AM** **BRUNCH & BREAK**

- 11:30 AM**    **LECTURE I:** Introduction to Integrative Restoration iRest  
Yoga Nidra: *Caring for the five subtle bodies* — (80 Min.)
- 12:50 PM**    **BREAK**
- 1:15 PM**    **LECTURE II:** Thought Bombs Through the Lens of  
Contemporary Psychology and Vedanta Philosophy:  
*The practice of cultivating focused cognition* — (80 Min.)
- 2:30 PM**    **BREAK**
- 3:00 PM**    **Practicum:** Building Resources for Clinical Practice Integrative  
Restoration iRest Yoga Nidra — (90 Min.)  
*Rotation Through the Body of Sensation, Strengthening  
Self Regulation through Somatic and Consciousness based  
Awareness Practices*
- 5:00 PM**    **DINNER**
- 6:00 PM**    Gather for clinical application and self care based discussion,  
feedback and questions
- 6:45 PM**    **Practicum Resource Building for Clinical Practice:**  
Basic Skills for Self Regulation — Meditation (15 Min.)
- 7:00 PM**    **END**

## Daily Schedule:

**SUNDAY, JULY 25**

- 8:00 AM**    **SIGN IN**
- 8:15 AM**    **Practicum:** Building Resources for Clinical Practice  
Basic Skills for Self Regulation — Meditation (15 Min.)
- 8:30 AM**    **Practicum:** Building Resources for Clinical Practice Breathing  
Based Safe Coping Resources — Pranayama (15 Min.)

- 8:45 AM** Self Regulation, Somatic & Sensory Hatha Yoga Based Resources to Strengthen Polyvagal Flexibility and Increase Awareness — (75 Min.)
- 10:00 AM** **BRUNCH** (90 min)
- 11:30 AM** **LECTURE III:** The Polyvagal Theory — (80 Min.)
- 12:50 PM** **BREAK**
- 1:15 PM** **Practicum:** Building Resources for Clinical Practice Integrative Restoration iRest Yoga Nidra — (60 Min.)  
*Rotation Through the five Subtle Bodies, Strengthening Self Regulation through Somatic and Consciousness based Awareness Practices.*
- 2:15 PM** **BREAK**
- 2:30 PM** Create your own Self Care Polyvagal Flexibility Plan — (30 Min.)
- Self-Assessment of Strengths
  - Create a Self Care Plan
  - Review of Supports, Resources and Ongoing Plan
- 3:00 PM** **CLOSE**

Yoga and iRest Meditation Immersion Training for Mental Health and Frontline Professionals  
has applied for and received the following continuing education accreditations:



National Board of Certified Counselors (NBCC) Berkshire AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5585. Programs that do not qualify for NBCC credit are clearly identified. Berkshire AHEC is solely responsible for all aspects of the programs.

National Association of Social Workers (NASW MA Chapter) This program has been approved for 15.5 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 81367-2.

Psychology - Spiritual Competency Resource Center (SCRC) CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for this program and its content. For questions about receiving your Certificate of Attendance, contact Berkshire AHEC at [hbruno@berkshireahec.org](mailto:hbruno@berkshireahec.org). For questions about CE, visit [www.spiritualcompetency.com](http://www.spiritualcompetency.com) or contact David Lukoff, PhD at [CE@spiritualcompetency.com](mailto:CE@spiritualcompetency.com).



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