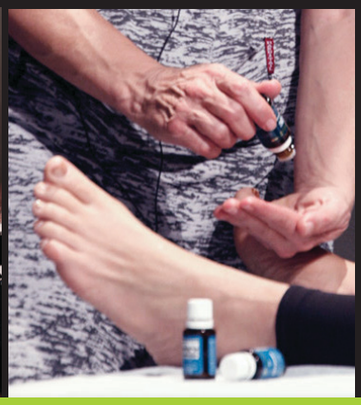
URBAN ZEN

INTEGRATIVE THERAPY PROGRAM



LEVEL 1 TRAINING • OCTOBER 26 - DECEMBER 15 • WESTLAKE VILLAGE

about the training

Urban Zen Integrative Therapy Training Level 1 is perfect for nurses, yoga teachers, healthcare practitioners, parents, and anyone interested in better self-care. This training is focused on integrating five key healing modalities; yoga therapy, Reiki, essential oil therapy, contemplative care and nutrition. Each module is uniquely designed to address the primary symptoms of illness - pain, anxiety, nausea, insomnia, constipation and exhaustion

Level 1 includes experiential lectures, in-class practice, an extensive manual, Reiki Level 1 attunement and weekly online e-blasts. Our initial focus is on self-care, with an emphasis on establishing a personal self-care practice. Much opportunity is afforded for in-class practice. Documented case studies and a final exam are requisites for graduation.

led by
Hazel Patterson

6 Weekends: Oct 26-27, Nov 2-3, Nov 9-10, Nov 16-17, Dec 7-8, Dec 14-15
Saturdays & Sundays 10:30am-5:30pm

Info Session: Saturday, Sept 14, 10-11am

Training Cost: $1,600 paid in full by 10/12
$1,760 after

about urban zen

The Urban Zen Foundation was launched by Donna Karan, Rodney Yee and Colleen Saidman Yee in 2009 as an approach to healthcare that treats the patient, not just the disease. Rather than addressing isolated symptoms of illness, the UZIT program helps patients achieve overall wellness and vitality. UZIT has been integrated into the daily operations of Beth Israel Medical Center in New York City, and UCLA Medical Center in Los Angeles. To read more, visit urbanzen.org or hazelpattersonyoga.com

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Want to try an Urban Zen class? View our class schedules online at yogaworks.com