URBAN ZEN

INTEGRATIVE THERAPY
LEVEL 2
PROFESSIONAL PROGRAM

Be a part of the healthcare revolution. Learn how to apply your Urban Zen skills in a clinical setting. This training will deepen your existing knowledge of the 5 Urban Zen modalities (yoga therapy, Reiki, essential oil therapy, contemplative care & nutrition). It will teach you how to integrate and layer these modalities for easing patient Pain, Anxiety, Nausea, Insomnia, Constipation & Exhaustion. Case studies, integrative assessments & clinical workshops will prepare you to lead Urban Zen Integrative Therapy sessions with patients and their families. Level 2 includes 100 hours of clinical work, mentorship, and professional weekend workshops.

PROGRAM MENTORS

Hazel Patterson

Carmen Fitzgibbon

Casey Coda

Nichola Dunne

Plus specialty guest teachers: **Michelle McKay**, **Eleonore Koury** (Reiki), **Tracy Griffiths** (Essential Oil Therapy), **Mary Taylor** (Contemplative Care) and a Clinical Prep specialist from UCLA.

8
Month
Apprenticeship & workshop series

UPCOMING TRAINING DETAILS

Urban Zen Level 2 Professional Program

- **10 Weekend Workshops, starting March 8 and ending October 12:**
  March 8-9 & 22-23, April 5-6 & 26-27, May 10-11, June 14-15, July 19-20, August 16-17, September 20- 21, October 11-12.
- **100 Hours of Clinical Rotations**
- **Mentorship by YogaWorks Urban Zen Integrative Therapists**
- **Urban Zen In-Class Assisting**

Program Investment:

$3850 full price • $3650 by 2/17/14

Tuition includes unlimited yoga, which can begin as early as you pay in full and lasts the duration of the program. Graduates will be able to call themselves Urban Zen Integrative Therapists and work in clinical settings with patients and clients.

Register or learn more:

Call 310.664.6470 x 152 or email jessica.schmidt@yogaworks.com

yogaworks® FOR EVERYBODY

Leading Trainings Since 1990