Yoga of Awareness for Well-Being
Cultivate tools and skills that support greater happiness and ease

Sept. 22 - Nov. 10, 2015
Eight Tuesdays, 5:30 - 7:30 p.m.
$225
*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 16 CEs for LMHCs, LMFTs, LCSWs, PTs, PTAs, RYTṣ and Florida massage therapists.

Located in the Facilities Administration Building
1281 Newell Drive, Gainesville, FL 32610

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 UFHITM@shands.ufl.edu or call 352.733.0881.