

# Anxiety, Trauma & Eating Disorders

## Understanding Mental Health

### & the Mind-Body Connection



*For  
Yoga & Health Care Professionals or ANYONE Interested!*



With

**Jennifer Kreatsoulas**, PhD, E-RYT 500, C-IAYT,

**Author** “Body Mindful Yoga”

**Host** “Real Body Talk”

**Speaker** on "Eating Disorder Recovery + Self-Empowerment"

**Founder** of “Yoga for Eating Disorders”

## APRIL 4 - 5, 2020

**H~OM Yoga Center** [www.homyogacenter.com](http://www.homyogacenter.com)

In recent years, a growing number of peer-reviewed studies have demonstrated the importance of the mind-body connection in treating anxiety, eating disorders, and trauma.

Movement practices with an emphasis on mindfulness, such as Yoga, and other mind-body techniques that down-regulate the nervous system are vital tools for individuals dealing with these mental health conditions.

*If you are a Yoga Teacher or For Health Care workers this is a “need to know”!*

*If you are simply interested please know ANYONE interested are welcome!*

**In this training, led by Jennifer Kreatsoulas, PhD, C-IAYT, you will ;**

- **Learn about the relationship between mental health and the mind-body connection.**
- **Receive education about anxiety, eating disorders, trauma, and their relationship to one another .**
- **Experience a variety of yoga practices that down-regulate the nervous system to apply in your teaching, client work, and personal life.**
- **Explore language that cultivates emotional safety in yoga poses and practices.**
- **Learn how to guide at least 3 simple mind-body tools to bring into yoga classes, yoga therapy sessions, and other settings, such as therapy and education.**
- **Discover how you can apply yoga philosophy to these three specific areas of mental health.**
- **Share, practice, grow, and share some more!**