



Brain Disorders and Yoga

Transformative approaches to supporting meaningful living

An intensive, two-day seminar for healthcare and yoga professionals

August 12 & 13, 2018

St. Michaels Harbour Inn, Marina & Spa

101 N. Harbor Road, St. Michaels

The word 'yoga' is derived from the Sanskrit word for 'union'--meaning a united body, mind and soul. In modern medicine and neurology, we now know that the ultimate therapeutic approach is one built on an integrated mind, body and brain connection. No longer considered an alternative therapy, yoga is now recognized as a mainstream method of rehabilitation for a wide variety of conditions including:

- neurological and neurodegenerative diseases
- chronic pain
- Parkinson's disease
- migraines
- fibromyalgia
- multiple sclerosis
- anxiety
- ADHD
- stroke
- depression

This unique workshop offers a full curriculum based on anatomy and chemistry of the brain and neurology of various diseases, combined with the ancient philosophies of yoga and the mind-body connection. Join us to learn practical strategies for using yoga postures, breathing and mindfulness to treat common brain disorders and create meaningful change in the lives of loved ones and caregivers.



SCHEDULE

▼ Sunday, August 12 ▼

- 12 p.m.-1 p.m. Vinyassa flow class
- 1 p.m.-3:30 p.m. Brain Anatomy and Chemistry
- 3:30 p.m.-3:45 p.m. Break
- 3:45 p.m.-5 p.m. Overview of Brain disorders
- 5 p.m.-5:30 p.m. "Let there be light" a musical moment of gratitude, mindfulness & soul empowerment
- Dinner on your own

▼ Monday, August 13 ▼

- 7 a.m.-8 a.m. Sun Salutation flow
- 8 a.m.-12 p.m. Yoga Philosophy, meditation and mindfulness: clinical efficacy and research results in various brain disorders
- 12 p.m.-1 p.m. Lunch
- 1 p.m.-5 p.m. Neurocognitive Health and Posture based yoga for neurological and neuropsychiatric disease

Registration Information

To register please visit www.integraceinstitute.org. For more information call 410-552-3211.

Early registration discount available until July 15. Registration costs: Early Registration (until July 15) \$405
Registration (after July 15) \$450

Hotel rooms are available for \$286.90. Please call the hotel directly at 410-745-9001, to make your reservation and payment. There is a block of rooms reserved under the name Integrace Copper Ridge until June 24.

Other hotel options both conveniently located 12 miles from St. Michaels: Hampton Inn, Easton | 410 822-2200 | starting at \$139
Fairfield Inn & Suites, Easton | 410 822-0050 | starting at \$149

Continuing Education Information

This program has been approved for continuing education credits by the following boards: Yoga Alliance (ATRA) in the categories of Anatomy and Physiology (AP) and Techniques, Training and Practice (TTO); Maryland Board of Social Work Examiners. **Participants will receive a certificate of completion for 11.75 hours of continuing education.**

Continuing education credit approval is pending for the following: Maryland Board of Physical Therapy Examiners (MPHTE); American Therapeutic Recreation Association (NCTRC); National Certification for Activity Professionals (NCCAP).

Dr. Nicole Absar, MD, E-RYT200

Dr. Nicole Absar is the Medical Director of the Proxmire NeurocognitiveClinic. She is a diplomate in behavioral neurology and neuropsychiatry, and is board certified in psychiatry and neurology through the American Board of Psychiatry and Neurology (ABPN). She is a member of the American Academy of Neurology. Using her years of experience in medicine and as a registered yoga teacher (E-RYT-200), Dr. Absar applies unique, truly integrative approaches in her practice. Dr. Absar uses yoga as a neurotherapy for many of her patients with neurological and neuropsychiatric disorders.

