**Yoga & Mindfulness in Clinical Practice**  
Practical Interpersonal Applications in Psychotherapy  
Brisbane 2016

Clinically Practical Mindfulness-Based Strategies
Yoga as Clinical Interpersonal Neurobiology
Conduct therapeutic conversations that empower mindful, physical and emotional awareness
Become clear of the ethics of yogic mindfulness as a mental health professional

**Yoga and Mindfulness in Clinical Practice** is an intensive training course designed to support you in growing into a professional who practices therapeutic mindfulness with specific yoga sensibilities (ie. prioritising practical balance, nourishment, compassion and connection from the physical to the spiritual). This means working with your patients to help them find their way of experimenting mindfully with establishing and extending meaningful connection in their lives. This course specialises in the clinical context of mindful connection through building the skills of connective competence.

**Your Facilitator:** Todd Zemek is the founding member of the Australian Psychological Society’s Psychology & Yoga Interest Group. He is a clinical psychologist with 20 years experience, a yoga teacher and is devoted to supporting individuals and communities integrating yoga and psychotherapy as approaches that build connective competencies.

Date:  
Saturday 29th of October  10am to 5pm  
Sunday 30th of October  9am to 4pm

Venue: Being Yoga - Ascot Studio, Level 1, 68 Racecourse Rd,

SPACES WILL BE STRICTLY LIMITED
REGISTER NOW...

YOGAPSYCHOLOGY.COM