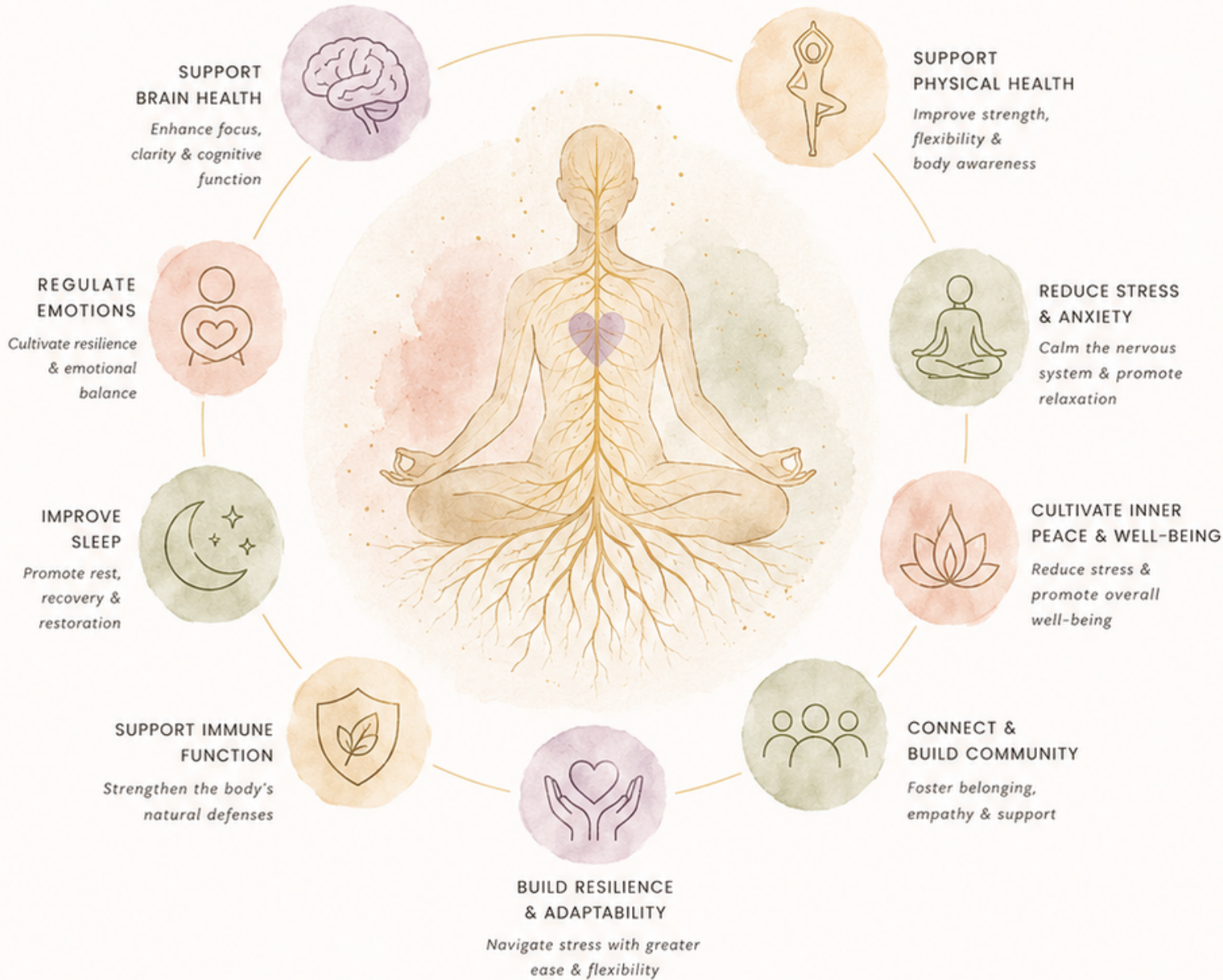


YOGA-BASED PRACTICES CAN...

Support well-being, resilience, and professional effectiveness.



A RESOURCE LIBRARY FOR PROFESSIONALS


 NEUROSCIENCE
 & THE NERVOUS
 SYSTEM


 YOGA
 PRACTICES


 TRAUMA-INFORMED
 APPROACHES


 CLINICAL &
 PROFESSIONAL
 APPLICATIONS


 TEACHING
 & INTEGRATION


 PERSONAL GROWTH
 & REFLECTION