URBAN ZEN

INTEGRATIVE THERAPY PROGRAM

LEVEL 1 TRAINING • APRIL 12 - AUGUST 3 • PACIFIC PALISADES

about the training

Urban Zen Integrative Therapy Training Level 1 is perfect for nurses, yoga teachers, healthcare practitioners and anyone interested in better self-care. This training is focused on integrating five key healing modalities; yoga therapy, Reiki, essential oil therapy, contemplative care and nutrition. Each module is uniquely designed to address the primary symptoms of illness - pain, anxiety, nausea, insomnia, constipation and exhaustion

Level 1 includes experiential lectures, in-class practice, an extensive manual, and weekly online e-blasts. Our initial focus is on self-care, withan emphasis on establishing a personal self- care practice. Much opportunity is afforded for in-class practice. Documented case studies and a final exam are requisites for graduation.

led by **Nichola Dunn** and **Hazel Patterson**

6 Weekends: April 12-13, May 3-4, June 7-8, June 21-22, July 19-20, Aug 2-3
Saturdays & Sundays 1-8pm

Training Cost: $1,760 full program cost
$1600 if paid in full by 3/22

about urban zen

The Urban Zen Foundation was launched by Donna Karan, Rodney Yee and Colleen Saidman Yee in 2009 as an approach to healthcare that treats the patient, not just the disease. Rather than addressing isolated symptoms of illness, the UZIT program helps patients achieve overall wellness and vitality. UZIT has been integrated into the daily operations of Beth Israel Medical Center in New York City, and UCLA Medical Center in Los Angeles.

For Information: email Jessica at jessica.schmidt@yogaworks.com
15327 Sunset Blvd • Pacific Palisades, CA 90272 • 310.454.7000

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