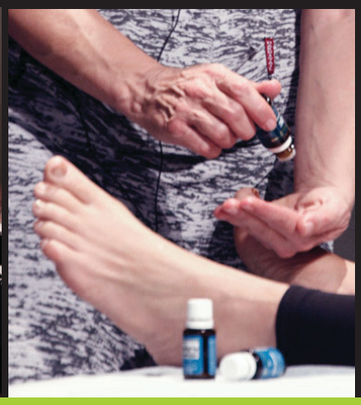
# URBAN ZEN

INTEGRATIVE THERAPY PROGRAM

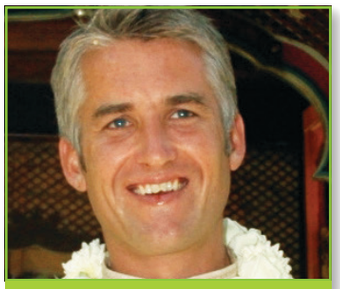


## LEVEL 1 TRAINING • MARCH 1 - MAY 11 • WESTSIDE

## about the training

Urban Zen Integrative Therapy Training Level 1 is perfect for nurses, yoga teachers, healthcare practitioners, parents, 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, Reiki Level 1 attunement, and weekly online e-blasts. Our initial focus is on self-care, with an 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
**Kirtan Smith**

and
**Keely Garfield**

**6 Weekends:**

March 1-2, 15-16, 29-30
April 5-6, 26-27 & May 10-11
Saturdays & Sundays 12:45-7:45pm

**Training Cost:**

$1,760 paid in full after 2/15/14
$1,600 before 2/15/14

**Info Session:**

Saturday, February 8 at 4:30pm in Soho
with a Free Urban Zen Class at 5:30pm

## 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 more information: yogaworks.com/urbanzen • katem@yogaworks.com
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**Want to try an Urban Zen class? View our class schedules online at yogaworks.com**