



Scottsdale 2025 Mind Body Fitness Conference Course Descriptions

NEW!! Yoga and Mild Cognitive Impairment

Yoga + Mild Cognitive Impairment offers a comprehensive and multifaceted approach to using yoga as a tool to support individuals diagnosed with Mild Cognitive Impairment (MCI). By combining yoga techniques with an understanding of the unique needs of those living with MCI, this training aims to enhance awareness, balance, and overall well-being. Participants will learn how to tailor yoga, breathing, and meditation practices to support the nervous system, mind, and body, promoting greater calm, stability, and confidence. This workshop is an essential resource for yoga teachers, healthcare providers, and anyone working with students living with MCI, providing the tools needed to improve their quality of life and support their cognitive health.

Continuing Education Credits:

8 Yoga Alliance CEUs

YogaFit Dream Yoga

Dreaming offers unparalleled opportunities for mental, physical, and spiritual growth. During this one day workshop we will explore the science behind lucidity, how to induce lucid dreams, what to do with them, and how to transcend any obstacle. Lucid dreaming has been developed for thousands of years in the East, and recently augmented with sophisticated techniques from the West. We will learn how lucid dreaming leads to lucid living, and how this ancient practice can change your brain, facilitate healing, overcome daytime obstacles, and spiritually wake you up.

Continuing Education Credits:

8 Yoga Alliance CEUs

YogaFit Pranayama

Changing the rhythm of our breath can literally change our minds and our nervous systems. This one-day workshop on pranayama (yoga's ancient breathing techniques) was designed by a respiratory therapist and a registered nurse/Ayurvedic practitioner. It offers an East-meets-West approach to breath awareness practices in order to help yoga therapists, teachers, and healthcare practitioners understand how to use specific techniques to facilitate the healing process and promote well being.

Continuing Education Credits:

8 Yoga Alliance CEUs

NEW!! YogaFit Sound – Embodying the Voice

Changing the rhythm of our breath can literally change our minds and our nervous systems. This one-day workshop on pranayama (yoga's ancient breathing techniques) was designed by a respiratory therapist and a registered nurse/Ayurvedic practitioner. It offers an East-meets-West approach to breath awareness practices in order to help yoga therapists, teachers, and healthcare practitioners understand how to use specific techniques to facilitate the healing process and promote well being.

Continuing Education Credits:

8 Yoga Alliance CEUs



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NEW!! YogaFit Yoga for Parkinson's - Specialized Teacher Training

This one-day specialized training equips yoga teachers with the knowledge and skills to support individuals living with Parkinson's disease through the therapeutic application of yoga. Participants will gain a deeper understanding of the **neurological and physiological aspects** of Parkinson's, learning how symptoms such as tremors, rigidity, postural instability, and challenges with balance and mobility impact movement.

Continuing Education Credits:

8 Yoga Alliance CEUs

Yoga for Addiction and Recovery

Gain a deeper understanding of addiction and compulsive behavior in their many guises—drugs and alcohol, gambling, sex, overeating, shopping and exercise—through the yogic lens of "samskaras," impressions or pathways carved into the mind by habitual behavior that make addictive patterns very difficult to break.

Continuing Education Credits:

16 Yoga Alliance CEUs

BIOFIELD TUNING

The human biofield contains the record of our memories and the blueprint of our physical bodies embedded as energy and information in standing waves within this structure. In this training, through the use of tuning forks and sound bowls, we will learn to hear the field to gain information about the client and integrate this information into the physical body for digestion and assimilation, creating a potential healing effect for the client. The tuning forks are used first as a diagnostic tool to find the dissonance in the individual's energy field and second as a means of creating entrainment and coherence of the body with the forks and bowls.

Continuing Education Credits:

18 Yoga Alliance CEUs

YogaFit Therapeutic Application of the Koshas

In this two-day workshop, we explore the Pancha Kosha (Five Sheath) model for wellness and its application in therapeutic yoga settings. Studying these five Koshas helps us to see ourselves from our densest nature to the most subtle aspect of ourselves in relationship to our physical body, our energy/vital life force, emotions and mental patterns, intellect/intuition, and our inner peace and calm. In learning more about the Koshas, we can craft a well-rounded protocol for our clients and help educate clients for their own self-study and healing journey.

Continuing Education Credits:

16 Yoga Alliance CEUs

Somatosensory Yoga

Somatosensory yoga is a type of yoga practice that focuses on the sensory experience of the body through movements and postures. It emphasizes the use of internal sensations, such as breath and muscle contractions, to guide and refine physical movements. The somatosensory cortex is a part of the brain that processes sensory information from the body, including touch, temperature, and pain.



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This part of the brain gets strongly activated during traumatic and stressful events and especially ones that elicit the Fight-Flight-Freeze response. The body prepares for either fighting off the threat (fight), running away from it (flight), or shutting down and becoming immobile (freeze) to minimize harm. This is an adaptive response during a stressful event but if this pattern is left unresolved or is constantly activated then it can cause our neurophysiology to become stuck "on" or stuck "off". Somatosensory yoga practices can help to flip the switch off or back on depending on our state of hyper or hypo arousal and gets to the source of these unresolved tension patterns in the body-mind.

Continuing Education Credits:

16 Yoga Alliance CEUs

Restoring Balance: Training the Parasympathetic Nervous System (PNS)

Using restorative yoga and principles of Ayurveda, yoga's sister science, this in--depth therapeutically-based restorative workshop will help you guide your students and one-on-one clients toward a deeper connection to their physical, mental, and emotional bodies, resulting in a more balanced central nervous system for optimum wellness.

Continuing Education Credits:

16 Yoga Alliance CEUs

YogaFit Restorative

YogaFit's four-day Restorative teacher training is essential for the yoga therapist to understand how to introduce the profoundly soothing effects of this restful practice to clients and students. Using props to completely support the body, restorative yoga creates passive poses that induce a deep state of relaxation, awaken dull areas of the body, and encourage the body's innate ability to heal itself.

Continuing Education Credits:

32 Yoga Alliance CEUs

Yoga for Chronic Pain

Chronic pain affects more people worldwide than diabetes, heart disease and cancer combined, and results in sleep disturbances, fatigue, emotional stress, muscular tension and more. Using a combination of ancient yoga practices and modern physiological treatment modalities, this two-day training will provide the yoga therapist the necessary tools to work with students and clients suffering from chronic pain.

Continuing Education Credits:

16 Yoga Alliance CEUs

NEW!! Somatosensory Yoga 2: Exploring the Body's Wisdom

Join us for a transformative journey into the world of somatics, where we delve deep into understanding the body's geography and unlocking its innate wisdom. In this immersive workshop, you'll discover a comprehensive framework for experiencing space and its dimensions, both within and around you, while exploring the concepts of interoception and exteroception. We'll also integrate the foundational principles of langhana and brahmana from yoga philosophy to enhance your somatic experience.



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Continuing Education Credits:

16 Yoga Alliance CEUs

Therapeutic Applications of Yoga Nidra

Yoga Nidra is a powerful yogic technique to induce deep relaxation and set the stage for transformation and awakening. Sometimes called yogic sleep, nidra is better described as a state between waking and sleeping resulting in more physiological and psychological rest than conventional sleep. In this two-day workshop, the yoga therapist will experience the blissful relaxation of yoga nidra, learn the science & history behind this systematic relaxation technique, and study the effects on physical, emotional, mental, and spiritual health. The therapist will learn to design and implement different pathways into the state of yoga nidra for various conditions that will be useful in one-on-one and group sessions. **This is a required course for YogaFit Healthcare Therapy Program.**

Continuing Education Credits:

16 Yoga Alliance CEUs

Therapeutic Applications of Sound & Mantra

Course Description: In this course, we will take a deeper dive into the history of sound as a therapeutic model and follow its trajectory into modern methods of healing in both the Western and Eastern models. Blending ancient wisdom with modern science, we will explore how everything is vibration and has the potential to be healed through vibration. Along with gaining an understanding of how sound and vibration can change our blueprint, we will explore practical applications of utilizing instruments and mantra in group and private client settings to stimulate healing.

Continuing Education Credits:

16 Yoga Alliance CEUs

NEW!! Yoga for the Face, Head & Neck

In today's fast-paced world, our faces, heads, and necks bear the weight of daily stress, often resulting in tension, headaches, and chronic discomfort. This immersive one-day workshop is designed to address these issues head-on, offering a holistic approach to relieving and preventing facial, head, and neck pain. Through yoga-based techniques combined with practical self-care strategies, participants will explore effective methods for releasing deep-rooted tension in these key areas. Whether you're a yoga teacher, healthcare professional, or someone seeking personal relief, this course will equip you with valuable tools to reduce discomfort and enhance overall well-being.

Continuing Education Credits:

16 Yoga Alliance CEUs

YogaFit Yoga Nidra

Experience the restorative power of Yoga Nidra, a potent, yet simple guided visualization to induce deep relaxation, in this wonderful one-day workshop. Sometimes called "yoga sleep" or "yoga nap", Yoga Nidra brings participants into a state between waking and sleeping, resulting in a complete physiological and psychological reset.



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Continuing Education Credits:

8 Yoga Alliance CEUs

YogaFit for Sleep

This one-day workshop provides specific yogic tools for how to sleep better with an understanding of the pressures of modern life. We take a deep dive into the science of sleep to understand the stages of sleep and learn how research-based relaxation practices like yoga Nidra can help create the bridge that leads to sleep. Recent recommendations in chronobiology combined with the traditional ayurvedic clock provide lifestyle interventions that take us far beyond traditional sleep hygiene.

Continuing Education Credits:

8 Yoga Alliance CEUs

YogaFit Teacher Training (YTT) Foundation (Level One) w/ Self Study

NEW SELF STUDY + ONE DAY FORMAT

YTT Foundations (Level One) is your first step on the path toward becoming a yoga teacher. YogaFit has reformatted this training to include (8) hours of independent self-study followed by (8) hours of LIVE in-person review and discussion. This training is available for anyone who wants to teach yoga or simply deepen their practice. YTT Foundations (Level One) provides the foundation and tools to create inspiring vinyasa classes grounded in proper alignment and the safety of exercise science.

While there are no prerequisites for this course, we do require that all attendees read [Beth Shaw's YogaFit](#) prior to attending. This book explains the foundation of our entire teacher training program, and allows for better overall understanding of the material covered in our YTT Foundations (Level One) Training. Please email edu@yogafit.com with any questions about YTT Foundations (Level One)! We look forward to seeing you on the mat.

Continuing Education Credits:

16 Yoga Alliance CEUs

NEW!! Yoga for Pickleball Injury Prevention and Recovery

Pickleball is the fastest-growing sport in America, and the injury rate is growing faster than that of any other sport! Yoga is an ideal practice to reduce injuries and improve overall strength, balance, joint mobility, and improve body awareness. In this course you will learn the basics of this fun game (and other racquet sports), the types of most common injuries, and why the injury rate is so high.

Along with learning dynamic warm up flows, gentle recovery practices, and special mobility practices, we will explore the neuroscience of yoga and how they will enhance performance and reduce injuries through various mechanisms such as stress reduction, improved cognitive function and enhanced neuroplasticity. Adding yoga to your routine can provide a synergistic effect leading to greater overall mental and physical well-being and better performance on the court.

8 Yoga Alliance CEUs