



Skokie 2025 Mind Body Fitness Summit Course Descriptions

YogaFit Yoga for Intergenerational and Collective Trauma

YogaFit's Intergenerational and Collective Trauma workshop is designed to explore the different types of "root" traumas to include attachment as well as intergenerational and collective trauma. We will explore the connection between attachment traumas and attunement and the origins of mis-attunement which has been linked to intergenerational and collective trauma. We will look at factors that can cause mis-attunement and ultimately inhibit our ability to connect to others.

Over the tumultuous last few years, we as a society are starting to bring more awareness to the importance of collective trauma. Many practical and spiritual experts on healing are realizing the exploration of collective trauma is at the **leading edge of healing**. The groundbreaking study of holocaust survivors showed how intergenerational and collective trauma gets created and passed through generations through DNA (Epigenetics) and a markedly reduced ability to handle stress leading to worse physical and mental health outcomes across a lifetime for future generations regardless of direct experience of trauma. Ultimately, intergenerational trauma means all of us are born into a pre-traumatized world. As we are witnessing, past trauma surfaces in times of increased stress and massive change making it imperative that we increase the capacities of individuals and groups to heal the collective trauma of our time.

We will look at ways our yoga practices may be supporting or even hindering our ability to cultivate awareness of self, the other and the collective field. We will explore practical exercises to support and strengthen attunement skills for yourself and others and we will learn how to harness the challenge of emotional wounds to turn them into post-traumatic growth, resilience, and learning. We will learn ways to increase our relational capacity to self-regulate and create coherent collective fields that support one another. We will explore and practice collective witnessing and learn to create a stronger field of witnessing presence as both a participant and observer and contemplate what effect this has on our collective physiology.

Continuing Education Credits:

1.6 ACE CECs

16 Yoga Alliance CEUs

IAYT ADP credits

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

YogaFit YogaBarre

YogaFit YogaBarre is a fun and functional way to create a balanced body, mind and spirit. Utilizing principles of yoga, ballet barre, pilates, strength training and dance allows for a complete integration of fitness modalities for well-being. We utilize a barre or chair to provide stability, balance, and support as we move through exercises that target the core, glutes, arms, and legs. The major benefits are improved posture, muscle definition, weight loss, increased mobility, and reduced



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stress. The YogaFit Yoga Barre program helps individuals to become stronger and feel better as they perform their everyday activities. The program is based not only on muscle balancing, but also on balancing the common postural and movement patterns we create in our daily lives.

The average American adult spends at least 6.5 hours sitting every day and the number is higher for teenagers, according to the Washington Post (*The Big Number: The average U.S. adult sits 6.5 hours a day. For teens, it's even more. Linda Searing April 28, 2019*). This means many Americans are moving through their day with forward head posture, rounded shoulders, a lack of natural curves in the spine and a chronically tight front line. YogaFit YogaBarre can provide individuals with a movement practice they will enjoy at the time and for years to come. YogaFit Yoga Barre is also one of the fastest, most effective ways to burn calories and get toned. Your students will love the functionality, fitness and fun they will experience every time they show up on their mat!

Continuing Education Credits:

.8 ACE CECs
8 Yoga Alliance CEUs

Thai Energy

Thai yoga, a hands-on therapeutic technique, combines acupressure, gentle rhythmic massage, deep stretching, and gentle twisting to create a deeply meditative healing experience. In this one-day workshop, you'll not only learn how to offer these techniques to your students and clients, but you'll get to experience them yourself.

Continuing Education Credits:

8 Yoga Alliance CEUs

YogaFit for Improved Pelvic Floor Performance

One in four women have pelvic floor issues by the age of 45. This workshop is designed for anyone who wishes to strengthen and improve their pelvic floor, as well as yoga teachers. This workshop combines practical take-away tools as well as osteopathic and physiotherapeutic approaches, incorporating a Biopsychosocial Yoga approach. You will learn real techniques for Pelvic Floor Improvement. This is a one-day workshop that will explore the common conditions that are experienced in the pelvic region, the factors that may contribute to the conditions, and how we solve our pelvic floor issues with yoga poses and breathwork. The result is improved pelvic floor function.

Note: YogaFit for Pelvic Floor Improvement fulfills a portion of the elective requirements necessary for completion of your YogaFit 200-hour teacher training certification. You may take this program at any time that works for your schedule or if you want to gain a greater depth of understanding about the pelvic floor for your personal practice and or your students enhanced life experiences.

Continuing Education Credits:

8 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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.8 ACE CECs
8 Yoga Alliance CEUs

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.

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.**

100% Satisfaction Guarantee

Continuing Education Credits:

16 Yoga Alliance CEUs

YogaFit for WarriorKids (Childhood Trauma)

With a focus on developmental trauma disorder, a new and vastly expanded tool for understanding early childhood trauma, this special therapeutically oriented workshop centers on the unique way a child's nervous system and brain respond to traumatic events, including chronic emotional and physical abuse and neglect. We will address somatic gaps in current therapies available and the challenges inherent in treating children suffering from PTSD.

Note: YogaFit for WarriorKids counts as an elective for either the 200-hour or the 300-hour training, but not both. This two-day workshop also counts toward YogaFit's 100-hour and 140-hour YogaFit for Warriors certification; the 100-hour YogaFit for WarriorKids certification; and YogaFit's 900-hour YogaFit HealthCare certification.

Continuing Education Credits:

16 Yoga Alliance CEUs

Sound and Mantra Healing



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Sound and vibrational healing, as described in the yogic texts of old, has been practiced in the East for millennia. Come explore the ancient practice of sound healing in this two-day workshop, learn the therapeutic healing power of sound and vibration, and discover why music, chanting, and toning continue to have a profound effect on our physical and emotional well-being.

Continuing Education Credits:

16 Yoga Alliance CEUs