

Yoga As Medicine

...a three-day retreat

August 15 - 17, 2014



UC San Diego

Center for Integrative Medicine

A relaxing and rejuvenating weekend exploring the integration of Yoga into the practice of Medicine

Date: Friday, Aug. 15 - Sunday, Aug. 17

Location: Estancia La Jolla Resort & Spa
9700 N Torrey Pines Rd, San Diego, CA

In this experiential workshop, you will learn how Yoga can be a powerful tool for healing and transformation. Over the course of the retreat, you will have the opportunity to:

- examine current research and outcomes for various health conditions,
- participate in daily classes in Yoga, meditation and breathing techniques,
- understand the applied philosophy of Ayurveda, and
- receive instruction for beginning your own personal and professional practice.

Continuing Medical Education (CME) / Continuing Education Units (CEU) certification in process for health care professionals.

Details & Registration: www.YogaAsMedicine.eventbrite.com