

GUIDING WELLNESS INSTITUTE

# FOR THE MENTAL HEALTH PROFESSIONAL

*Would you or your clients benefit from adding  
trauma-informed yoga & meditation to your  
current treatment protocol?*

**WIDEN YOUR SCOPE OF PRACTICE BY BECOMING A  
REGISTERED YOGA TEACHER (RYT)**



MORE INFO AND [REGISTRATION](#)  
APPLICATION AVAILABLE AT  
[WWW.GUIDINGWELLNESSINSTITUTE.COM](http://WWW.GUIDINGWELLNESSINSTITUTE.COM)



# ADD VALUE TO YOUR CLIENTS' SESSIONS!

**EARN CEU'S OR YOUR REGISTERED YOGA TEACHER  
CERTIFICATE WHILE LEARNING A NEW MODALITY  
THAT CAN BE IMPLEMENTED DURING MENTAL HEALTH  
APPOINTMENTS AND FOR YOUR OWN SELF-CARE**

*You will receive a globally recognized credential from an organization that values high quality, effective, safe, accessible, and equitable yoga instruction all over the world! Bring the tools of mindfulness to you and your clients!*

*Yoga Alliance outlines responsibility through ethics, scope of practice and equity in yoga so that all practitioners have the opportunity to thrive.*



"...yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life."

Int J Yoga. 2011 Jul-Dec; 4(2): 49-54.



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