



Bo Forbes

Bo Forbes is a clinical psychologist, yoga teacher, and integrative yoga therapist in the Boston area. She is the founder of Elemental Yoga, director of the Elemental Yoga Mind-Body Teacher Training Programs, and director of the Center for Integrative Yoga Therapeutics. With a background that includes training in biopsychology, sleep disorders, behavioral medicine, and stress management, Bo supplements more than 20 years of clinical experience with a practice in Mind-Body Medicine. She teaches workshops and intensives internationally, and has written for Yoga Journal, Body and Soul Magazine, and the International Journal of Yoga Therapy. Her book Yoga for Emotional Balance: Simple Practices to Relieve Anxiety and Depression, will be published in the fall of 2010. www.elementalyoga.com.

Friday March 26th 9:00 am - 4:00 pm FR1FOR

The Lymphatic Web: Revitalizing the Immune System, Emotional Body, and Happiness Pathways

The immune system is part of an intricate web whose filaments reach deep into the nervous system and emotional body. Flushing the lymph activates parasympathetic channels, boosts the immune system, calms the brain, improves sleep, strengthens positive emotional pathways, and builds resistance to negative emotions. Using Integrative Yoga Therapeutics, we'll explore ways to flush toxins from all components of the Lymphatic Web, enhancing physical, emotional, and energetic life-force and creating the blueprint for emotional well-being. Bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.

Saturday March 27th 8:00 am - 10:00 am SA1FOR

Yoga for the Nervous System: Healing Anxiety and Insomnia

Unlock the power of your mind-body network to relax your physical body, calm your mind, and quiet your nervous system. Anxiety and insomnia are neuro-emotional patterns that involve hyper-arousal of the nervous system. Chronic hyper-arousal can compromise your physical health, emotional well-being, and creative potential. Fortunately, the neural pathways to relaxation and calm exist in everyone. Using Integrative Yoga Therapeutics, you will learn how to activate the neural pathways to relaxation and catalyze the emergence of your extraordinary inner potential. You will benefit more from this workshop if you bring a bolster or 2-3 blankets, a strap, eye pillow, and 2 blocks. Asana, Pranayama, Restorative Yoga, Lecture. All levels.

Saturday March 27th 1:00 pm - 3:00 pm SA3FOR

The Neurobiology of the Spine: Your Central Intelligence Agency

Your spine not only houses your nervous system, it acts as your skeletal and energetic support system and assimilates the new learning that comes from your yoga practice. When the spine lacks mobility, compression is also felt in the nervous system and emotional body. You will learn about the spine's connection to the nervous system and the changing of neural pathways. Using Integrative Yoga Therapeutics, you will learn how to promote spinal mobility, restoring greater ease and flow in the nervous system and enhancing emotional balance. You will benefit more from this workshop if you bring a blanket, strap, eye pillow, and 2 blocks. Asana, Pranayama, Restorative Yoga, Lecture. All levels.

Sunday March 28th 11:30 am - 1:30 pm SU2FOR

Therapeutic Vinyasa for Physical and Emotional Release

Over time, practicing similar sequences can reinforce alignment anomalies and lead to asymmetries or injury. Elemental Yoga's combination of isometric stretches and innovative use of props will help you release contracted spaces, promote lymphatic flow, and facilitate mental and emotional opening. Highlighted areas will include the hard-to-open hamstrings, pec/shoulder junction, and IT band. You will benefit more from this workshop if you bring a blanket, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.

Sunday March 28th 2:00 pm - 4:00 pm SU3FOR

Yoga for the Emotional Body: Healing Depression

Depression is reinforced by a complex web involving the mind, nervous system, emotional body, and immune system. Learn to use this neurobiological network to revitalize your body, reprogram your nervous system, change your emotional blueprints, and foster emotional immunity. Using Integrative Yoga Therapeutics, this class will give you tools to create a depression-lifting yoga practice. You will benefit more from your class if you bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.

Thursday March 25th 6:30 pm - 8:30 pm TH2LEE

Anatomy and Physiology of Breath

We will explore the concepts of respiration and gas exchange, focusing on the muscles involved in breathing and the effects of gas exchange in our bodies. We will also focus on the correlations between breath and movement learning to maximize Prana and Apana flow. Various breathing techniques and how to incorporate them into our own asana practice will be covered.

Saturday March 27th 10:30 am - 12:30 pm SA2LEE

Anxiety and Depression: Understanding the Physiology, as applied to Yoga

Explore the physiology of anxiety and depression, focus on yoga techniques (poses and breath) that are designed to aid in regaining optimal balance and focus on western medicine. In addition, to educate instructors and sufferers on how to best assist students who are taking medications.



Andrea Lee

With a strong anatomy & physiology background, Andrea offers insight into the anatomy/physiology of the body by combining science with various healing, as well as spiritual, techniques directed at self exploration and understanding. With a deep understanding and passion for treating depression and anxiety through combination of eastern and western medicine, Andrea works with students to find personal balance. natural.alignments@gmail.com