



SPRING 2023 YOGA COURSES

UNLV | CONTINUING EDUCATION

Introduction to Trauma-Informed Yoga: 5 Week Series

Understand the effects that trauma has on your brain, body, and central nervous system while practicing easy somatic techniques that can help heal, alleviate, and prevent your symptoms. You will learn and practice yoga, breathing, and meditation exercises that can be used for self-regulation, nervous system healing, and prevention of stress induced illness. By the end of this class, you will feel confident using the techniques for yourself, or leading others in an individual or group session. Pending approval, this course will provide CEUs/PDUs for Nevada licensed social workers, MFTs, CPCs, educators, and Yoga Teachers registered with Yoga Alliance.

Alexis Wisniewski
Terry Bahr, PhD, CPC
Sa | Jan 21-Feb 18 (meets 5x)
9-11am | \$249 | PAR Room 133
231HE1115 | 0.1 CEU

Introduction to Trauma-Informed Yoga: 1 Day Bootcamp

Alexis Wisniewski
Terry Bahr, PhD, CPC
F | Mar 24 | 9am-4pm | \$199
PAR Room 133 | 231HE1116 | 0.7 CEU



Terry Bahr, PhD, CPC

Abiding by the simple mantra of, "Look at the past, work on the present and begin to move toward a new future," Terry Bahr, PhD, CPC believes that the first step to healing and working on trauma is to realize a problem exists, and then to reach out and ask for help. In this course, Dr. Bahr will provide a detailed lecture on Trauma-Informed Care and the different classifications of trauma. As a therapist, Dr. Bahr assists her clients with integrating and weaving the mind, body, and spirit. Dr. Bahr has many years of experience as a licensed Clinical Professional Counselor treating emotional and psychological issues related to trauma, domestic violence, abuse, and substance use disorders. She has been an Adjunct Professor with the UNLV Counselor Education Department since 2009.



Alexis Wisniewski

Alexis Wisniewski is the Founder and Lead Educator at We R.I.S.E. Yoga (www.weriseyoga.com). She founded the company based on the premise that through physical movement, breathwork, and mindful meditation practices, individuals not only heal and transform their physical body, but also their entire inner physiology, from central nervous system activity to the structure of the brain. Since the inception of WE R.I.S.E. YOGA in 2017, every single training course has sold out! Alexis is well educated in the field of Yoga research and continues to study the effects of Yoga in drug/alcohol recovery and Yoga for mental health; and using mind body practices as an adjunct therapy for preventing and treating diseases and disorders.

**CONTACT
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EDUCATION:**



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