



20-HR TRAINING FOR MENTAL HEALTH + HEALTH CARE PROFESSIONALS

# BAD HAIR DAY ON PLANET EARTH

The intersection of mental illness, holistic healing & community

May 3-5, 2024 | Barbara Ruzansky + Jen Leavitt

This training — designed for mental health and health care clinicians seeking to incorporate holistic and somatic practices into their work — includes:

- Yoga postures that promote healing through somatic connection
- Meditation practices for self-reflection & self-compassion
- How specific foods impact mood & brain health
- Benefits of integrating whole-body practices & traditional therapy
- A journey into the healing power of community

\$375, register online ... [westhartfordyoga.com](https://westhartfordyoga.com)

This program has been approved for ten (10) Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for CT Social Work Licensure renewal.

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23 brook street, west hartford ct 06110  
westhartfordyoga.com | 860-953-YOGA | @westhartfordyoga