

Summer Yoga retreat & Neuroepigenetic yoga workshop

Spend a week practicing yoga by the Austrian mountains and attend a Neuroepigenetic yoga technique workshop with participation certificate. You will practice and learn the mechanisms behind it so that you can apply it to others and combine it with any wellbeing linked profession. (i.e work environments, schools, universities, health centres, mind centres, coaching sessions, therapy, wellbeing projects, etc...) and you can progress to a full yoga teacher training if you wish.

The Neuroepigenetic yoga technique is a yoga-based compilation practice infused with neuroepigenetics and positive psychology science which aims to shift negative affects to positive ones in an empowered and speedy way. Experiments have been made over 8-hour practices of meditation and have been proven to alter gene expression while the Neuroepigenetic yoga technique will do it in only 20 minutes.

The Yoga-based compilation is abstracted from *Vivian Callegaro Yoga Academy* yoga Teacher Training program and includes Asana (sun salutations), Yoganidra (relaxation), Pranayama (breathing exercises) and Samyama (Meditation).

Neuroepigenetics is a concept that embeds two words: Neuroplasticity and epigenetics. Neuroplasticity means that the brain changes in response to experience and in response to training. Epigenetics is the science of how genes are regulated, how genes are expressed (Richard Davidson's video: Wellbeing is a skill). Those mechanisms are included in this practice through cognitive restructure.

Positive psychology is the science of wellbeing and high levels of wellbeing are associated with better physical health, meaning that alterations in the body can benefit the brain. The Neuroepigenetic yoga technique embeds the forefront concept of awareness + which refers to religious, spirituality and altered states of consciousness and is in the outer layer of the subjective domain of the LIFE model (the Layered Integrated Framework Example), a positive psychology model of wellbeing with a multidimensional approach and different dimensions (Lomas et al., 2014). The model contains 4 domains: Subjective (mind), Objective (body), Intersubjective (culture) and interobjective (society). Each domain comprises various levels arranged in order of scale, such that each level encompasses or supersedes the level below it. The subjective domain is related to the mind and its outer layer is named awareness +. The inner layers are composed of consciousness, cognition, emotions and embodiment.

Where and when it will be?

AUSTRIA/Salzburg 1-week course/retreat £300 + Accommodation with organic local sourced brunch (500 Euros). Get in touch by phone or email if interested, limited spaces.

***People can benefit of the same structure of the Yoga Teacher Training (meal, accommodation, optional excursions)**