SCCR Virtual Brown Bag: Yoga and Neuroscience

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pril 22, 2022 @ 12:00 pm – 1:30 pm
here: Zoom
ps://stanford.zoom.us/j/94268114497?
d=Sk90N3JqeDIcUJBTDZsMGc1eDhjZz09
ost:
ontact:
Susan Saba
Email (mailto:ssaba@stanford.edu)
Event website (https://medicinestanfordschoolofmedicinecalendars.stanford.edu/?ai

Register HERE
Zoom Class Link HERE
Topic: “Yoga and Neuroscience”  
Speaker: Dr. Heather Freeman, PhD.

This course will provide an overview of modern neuroscience and what yoga philosophy already knew about the mind/body connection. Leave having had a nervous system reset and some new knowledge to share. Micro lecture and integrative yoga practice.

At the conclusion of this class, you will be able to:
1. Learn a fundamental piece of yoga psychology (qualities of nature)
2. Overview the nervous system and modern theories
3. Coverage ancient wisdom of yoga teaching with modern neuroscience

Date: Friday, April 22, 2022
Time: 12 – 1:30 PM
Location: Zoom Meeting

Please visit SCCR future Events HERE