

SCCR Virtual Brown Bag: Yoga and Neuroscience

When:

April 22, 2022 @ 12:00 pm – 1:30 pm

Where:

Zoom

<https://stanford.zoom.us/j/94268114497?>

[/d=Sk90N3JqeDILcUJBTDZsMGc1eDhjZz09](https://stanford.zoom.us/j/94268114497?pwd=Sk90N3JqeDILcUJBTDZsMGc1eDhjZz09)

Host:

See

Contact:

Susan Saba

Email (<mailto:ssaba@stanford.edu>)

Event website [↗](#)

<http://med.stanford.edu/sccr/events.html>)

 STANFORD CENTER FOR CLINICAL RESEARCH (HTT

STANFORD SCHOOL OF MEDICINE (HTTPS://MEDICII

  Neuroscience (<https://medicinecalendars.stanford.e>

 Yoga (<https://medicinecalendars.stanford.edu/?ai1e>

 (https://medicinecalendars.stanford.edu/?ai1ec=action~posterboard|page_offset~2|request_format~json)

 (https://stanfordmedicine.qualtrics.com/jfe/form/SV_9RGpUOAyYJPrqFo)



[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](#)