



# Global Health Lecture Series

## Yoga Therapy as a CAM Modality in Theory and Practice

featuring

**Rachelle Atkinson, RYT 500, Certified Yoga  
Therapist, iRest Level II Teacher**

**Wednesday, November 16, 2016  
Noon, ACB 110**

Rachelle has steeped herself in the practice and healing dimensions of yoga since her first class over fifteen years ago. A Yoga Alliance registered yoga teacher since 2006, Rachelle became a certified yoga therapist with Rocky Mountain Institute of Yoga and Ayurveda in 2013 and entered private practice then. She is also a Level II iRest mindfulness meditation teacher.

Ease and wellbeing of body and mind aren't random acts of grace but rather cultivated ways of being. In this brief lecture, Rachelle will present the history, neuroscience, research, and application of yoga therapy as a potent mind/body therapy. She will also present anecdotal evidence from her own work with clients.

To learn more about Rachelle Atkinson and this topic, please visit the following links: [The Radiant Table](#), [The International Association of Yoga Therapists](#) (IAYT), & [Integrative Restoration Institute](#) (iRest).

**This event is being co-sponsored by the Division of Integrative  
Medicine as part of an Integrative Medicine Mini Series.**

This event is free & open to the public. Free lunch will be provided to the first 50 attendees. No RSVP is necessary.

**To reserve your lunch, please bring a box of crayons (24 count or more) to the Office of Global Health (2B410) by  
Tuesday, November 15.**

For more information about the Global Health Lecture Series, contact the Office of Global Health at 806-743-2901 or [globalhealth@ttuhsc.edu](mailto:globalhealth@ttuhsc.edu). Persons needing assistance should contact the Office of Global Health for arrangements.