

Yoga Psychology: Education for Compassion and Wellness

Description:

Laura Douglass, Ph.D. provides private instruction in yoga, somatic mindfulness, meditation and ayurveda for individuals in recovery from eating disorders, with histories of trauma. Group yoga classes are available as an opportunity to develop a sense of safety in the sensations and perceptions of the present moment. Dr. Douglass also provides consultations to yoga teachers working with individuals who have eating disorders and clinicians interested in understanding the role of somatic practices for their clients.

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