

## MLR4067 : Transpersonal Skills Lab 3 (Somatic Focus)

Topics will vary and include components of Yoga Nidra and transformative yoga, Hakomi, Qigong, meditation and mindfulness, body-oriented psychotherapy tools and techniques, etc. Each skills lab will teach tools and techniques in the chosen topic to help therapists work more effectively in the somatic modalities with clients.

**Credits** 1