

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA

Urban Zen Integrative Therapy workshop

Cynthia Roy

Certified Yoga Therapist, USA

Deepen, heal and transform yourself with the integrative modalities of Urban Zen Integrative Therapy (UZIT). Experience therapeutic yoga, essential oil therapy, Reiki, guided meditation and more. UZIT is a therapy that enhances practices for physicians, nurses, yoga teachers, clinicians, holistic practitioners and anyone who desires to learn about self-care.

- Learn the basics and importance of a self-care practice
- Explore the five modalities of the Urban Zen Integrative Therapy process and how they can compliment your life
- Experience the clinical application of UZIT and learn how this work is being administered at the UCLA Health Systems, hospitals across the country
- Leave this workshop renewed, rested, refreshed

I will need a minimum of 2 hours for this workshop, preferably 3 hours.

cynthia@cynthiaroy.com