



Summer 2014 IHCPT Alumni Newsletter

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Letter from the Editor - Summer 2014 Newsletter

Greetings Duke Integrative Health Coaches,

What a beautiful time of year! A warm welcome into summer to all you wonderful readers!

Summer is a good time to make changes and allow yourself to bloom, because more daylight translates into more time for new endeavors. For starters, take a holiday. Taking vacation time is good for your health. Research shows that people who go on holiday regularly lower their risk of heart attack. Don't wait. Take a break. I am taking mine as I spend time with family in India enjoying the Indian summer!

I'm excited for summer for so many reasons, but if I had to choose just one, it would be this: The "school's out" season is the closest many of us get to being a kid again, experiencing that feeling that anything is possible, and everything is within reach. Put it to good use. Better your health; extend your life – bloom! With that, we hope you enjoy the sunny warmth and coming festivities, and may each day *provide* prosperity and growth.

We have several great articles for the newsletter. Amalia Pardo is contributing a lovely meditation she has shared with her clients on mindfulness and self-reflection. Adrian Langford is giving us some beneficial information on *Gut Matters* and how our lifestyle factors into it. Look out for Part 2 of Adrian's article in the Fall 2014 Alumni Newsletter on Diseases & Disorders of the Digestive Tract. Maggie Cooper is giving us a flavor of how to use coaching in the workplace.

We have two interesting interview articles written by Jo Brewton and Betsy Newlon. Jo has written about Deirdre Breen's adventurous yoga retreat to Rajasthan, India, where she combined her Duke coaching skills with doshic knowledge and yoga. Betsy has interviewed Art Waber, who eloquently shared his varied experiences to help us all become better coaches. The Committee greatly appreciates all the wonderful contributions!

As in each issue, there is an update from Duke Integrative Medicine and current Alumni Announcements. We encourage you to continue to share your professional updates for future issues as well!

Pause, breathe, and be well,

Sonali Birla
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Dosha Coaching in India: An Interview with Deirdre Breen

By: Jo Ellen Brewton

When I first read Deirdre Breen’s articles about dosha coaching in the [Spring](#) and [Summer](#) 2013 newsletters, I was immediately drawn to the concepts of ayurvedic prakriti, our elemental constitution, and the impact of vikriti, the environmental energy and stress around us. Breen explained we all possess the biological pairings of kapha (earth and water), pitta (water and fire), and vata (air and space) but there is usually a “lead” dosha that governs one’s life.

I wondered about my dosha and how this unchanging constitution may affect my perception of daily stresses and events. I also wondered about this as a lens through which to see clients. How might I coach Sam as a kapha dosha, who has too much earth and difficulty moving forward or Ellen, a very creative vata dosha, who has trouble completing things?

“Many of the clients I work with suffer from a dosha imbalance without realizing it,” says Breen. “Dosha coaching can reveal what’s out of balance, and empower a client with elemental insight that inspires behavior change.” Breen traveled as an assistant to Yogirag Mona Anand, teaching ISHTA yoga on a 10-day retreat in Rajasthan. In integrative health coaching, Deirdre suggests exploring a client’s dosha, discovering how their vikriti may be aggravating their prakriti, as a powerful perspective for launching into dynamic coaching.

I wondered how Breen, a certified ISHTA yoga instructor, would actually implement dosha coaching, and how a coach who isn’t a yoga instructor could also work with this model. She explained a key concept stating, “When a client understands that their struggle can be perceived as an elemental issue, self-blame releases. They can look at the ingredients of their internal and external environment, and understand that things can be different. For example, asking a client how they might tame excess fire, move stagnant earth, ground air, or contain space is a creative exploration that can redirect harsh self-talk.” I realized that if I understood this ayurvedic concept I could deepen the experience of a coaching session.

On the retreat, one of Breen’s responsibilities was to assist yoga students in creating a 30-minute at-home yoga practice and dosha coaching quickly came to her as the right tool. Explaining how she knew she was ready to use this technique Breen shared, “I remembered the *Everyday Creativity* DVD in which Dewitt Jones says, ‘First we must hone our technique, and then put ourselves in the place of most potential.’ This was one of the opportunities for which I’d been polishing my skills.”



Breen exuberantly recounted the steps to dosha coaching during the retreat, “Combining Duke coaching with doshic knowledge and yoga is a dynamic trio, and I was ready to play. While the yoga students understood ayurveda, they didn’t recognize when they were out of balance or how to practice yoga to bring themselves back into balance.” Breen coached groups of 5-7 individuals with a clear focus: guide students in creating a home “dosha balancing” yoga practice. Before the session, each student completed a Dosha Self-Quiz:

- What do you value about yourself?
- What is integral to you?
- How is that expressed currently in your life?
- What does a bad day look like?
- What throws you off center?
- What’s going on when you’re out of touch with yourself?
- Using nature as a metaphor, animate the symptoms of a bad day. What element(s) best express your mood, thoughts, or actions? Earth, water, fire, air, or space?

Group members worked in pairs, sharing their doshic imbalances in a fun, nonjudgmental space. Breen explained, “It’s freeing and playful to talk about struggles as elemental imbalances. And because we relate to our environment constantly, change is always occurring.”

As the students shared elements of their bad day, she reinforced that there is more than one right answer and supported playful exploration:

- Overflowing laundry might be an expression of stagnant earth;
- Insomnia, when we can’t quiet the mind, could be excess fire;
- Withdrawal, earth caving in on itself, could be too much kapha;
- “Checking out,” air and space taking off, could be too much vata;
- Over-eating could be excess earth;
- Substance abuse could be excess air and fire.

“I simply asked the questions and students were ‘aha-ing’ all over the place with insight, compassion, and laughter,” Breen exclaimed.

Breen stresses, “When we value one dosha over another, it’s because we’re out of balance with ourselves. The importance of understanding our prakriti and vikriti is so that we can achieve svadhyaya, self-knowledge that will lead to self-acceptance. When our dosha is balanced, we’re content.”

Through the dosha coaching session students arrived at a simple, insightful question: what trips me up in life, and what does that look like? Then, through applying ayurvedic principles they chose a pranayama (breathing technique), asana (sequence of postures), and meditation, designing a 30-minute at-home yoga practice to bring their vikriti in balance with their prakriti. The session concluded with participants sharing how they saw themselves self-correcting imbalances and visioning how this would serve them in daily living.

Deirdre Breen, is a Duke IHCPT certification candidate, 500-hour certified ISHTA yoga teacher, Reiki Master Teacher, Ordained Minister, and president and founder of Self-Care Institute, Inc. She is an active coach, yoga instructor, and is on the board of several organizations creating community wellness programs, and conducts Dosha Coaching Retreats in Katonah, NY. Dosha Coaching is currently being trademarked.



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Coaching Skills in the Workplace

By: Maggie Cooper

There is no manager in the business world that enjoys or looks forward to having a difficult conversation with an employee who is not performing at his/her best. I had a situation like this recently, when I was faced with conducting a performance evaluation with an employee who was not performing as well as expected. I was dreading this conversation and worrying about the outcome. My belief has always been that a good manager helps their employees grow to the point where the employee no longer needs them and likewise, if the employee fails, the manager has failed.

As I was having tea the morning of the discussion, I suddenly realized I could use my coaching skills in this situation. The dread immediately turned into excitement, and I hurried in to create a list of coaching questions to use in our meeting.

My list of questions began with, "On a scale of one to ten, how would you rate your performance?" Then we moved on to questions such as "How would you like to change your performance in this role?" As our meeting continued, the magic of coaching began to unfold. What could have been a very difficult conversation became a caring and nonjudgmental exchange filled with positivity instead of criticism. I felt as if a whole new world opened up, not only for me, but also for others in the workplace who could learn this technique.

As a result, the employee thanked me for the evaluation. Wait; thanked me? Yes. What could have been so challenging produced a much different outcome: the employee met this experience with gratitude.

The power of coaching was proven once again. This approach gave me an opportunity to really listen to this employee, and it gave the employee an opportunity to discover their own insight and set their own goals for improvement. I came away from this experience feeling confident and fulfilled.

I know during the IHCPT Foundation Course of Cohort 15, many of us were in transition and looking for something more meaningful than our roles in the corporate world. Through the use of coaching skills perhaps we can find more peace and joy in the turbulent corporate world, until we are able to make our way fully into a coaching career. Through this experience I've learned that we have a place in the corporate sphere, sharing our skills to create a more compassionate way of helping our colleagues succeed. In their success, we, too, succeed.



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Gut Matters

By: Adrian Langford

Why Is This Important and What Is the Second Brain?

- Almost 105 million adults visit the doctor yearly for digestive illness
- In 2004 the Digestive Disease Clearinghouse & Information Center reported about 69% of all doctor visits were for digestive issues
- 4 of the top 20 pharmaceuticals were for GI issues in 2007

It starts with gut flora. Scientists compared bugs in the guts of children in Italy versus children in a West African village. The Italian children ate meat, fat, and sugar; the West African children ate beans, whole grains, vegetables and nuts. The guts of the African children were healthier, more diverse, better at coping with infection and inflammation as well as getting energy from fiber. The flora of the Italian children produced by-products that cause inflammation, promote allergy, asthma, autoimmunity and obesity. Our gut eco-system has changed dramatically from intake of processed foods, excess sugar and fat and low fiber. Antibiotics from prescriptions, foods, cutting boards, toothbrushes, and other pharmaceuticals also alter our gut flora and contribute to chronic disease. The science of gut microbiome has opened a whole new world of the gut ecosystem of 500 to 1,000 species of bacteria or over 100 trillion microbial cells. The activity of the gut bugs has a huge influence over health and disease, weight gain or loss, digestion, inflammation and cancer risk. More and more studies are being done on the connections of gut flora and the entire body and brain. A recent study in the *New England Journal of Medicine* found that toxins from bacteria were creating brain fog in patients with liver failure.

Your gut is your second brain. The second largest nerve center is the Vagus Nerve, a part of the autonomic nervous system that controls functions of the body such as *heart rate and digestion*. The vagus nerve travels from the neck near the carotid artery and jugular vein. If you ever have had a gut feeling it may be due to the fact that the gut or small intestine has 360 billion neurons (by comparison the central nervous system has 80 to 120 billion neurons).

Your Lifestyle Matters. Medications, dietary and exercise habits, tobacco, environmental toxins, stress and pain levels all influence your wellness equation: balanced, beginning imbalances, imbalances, or extreme imbalances. *The digestive system houses 70% of our immune system*, it runs our metabolism, makes vitamins, and has 100 times more DNA than in our entire body. For our gut cells to be healthy and communicate to other cells and each other, *we need to be able to break down our food properly by absorbing the nutrients into the cells* where they can be used. Health can break down during any phase of digestion or absorption - even if you are eating the best diet in the world!

Part 2: Duke IM Alumni Newsletter Fall

Diseases & Disorders of the Digestive Tract – Some Common Ones and Possible Solutions



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An Interview with Art Waber

By: Betsy Newlon

Art Waber acknowledges that the rigorous IHCPT Certification Course challenged him. His perspective on coaching has changed since certification. Art now anchors his life in the Wheel of Health. He uses a personal day planner and writes the categories on the top in columns across the page. He writes them from his highest to his lowest priorities, touching base with each daily or weekly. He stays focused with the help of an executive coach. He also asked a number of people to answer a personal questionnaire with questions about how they thought he was doing in his life and relationships. He is walking his talk.

Art's willingness to walk his talk and tackle his own areas for growth has had a positive impact on his coaching. Mindfulness has made him more aware of the need to really listen to the client and get out of his own head. If a client is asking for information, Art asks a question that leads them back to themselves. He acknowledges it is in his nature to jump in and help, but if he's really prepared, really listening, he will turn their question back to highlight their own inner competence. He really wants his clients to know the answers and competencies are there, and the whole person is already inside. "You have it, let's help you locate it," is a phrase he uses.

Art has kept a broad focus, working at workplace wellness programs in the corporate sector and in a medical clinic. He feels the possibilities are endless. Believing clients have been "trained" to accept the rushed atmosphere in most clinics, he has striven to make his time with them distinctively different. It has been challenging to create a space and time for them to reflect, take a breath, and focus on slowing down. In order to create that calm and reflective space for his clients, he's had to learn to take that essential time out for himself.

As Art continues to broaden and deepen as a health coach, he encourages all of our colleagues contemplating their areas of focus to look through their previous contacts and professions, what they've learned, who they know, and who they are. Art is going through that process himself and wants to integrate his previous careers as a performing arts agent/manager and a cultural exchange program coordinator into his coaching. His message to colleagues is that everything you have done and learned can be brought into this space of coaching. Your varied experiences can make you a better coach.

Find Art on LinkedIn or his website, www.coachwaber.com.



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Moments in Time

By: Amalia Pardo

I took these pictures while meditating on a nature walk. This place in time captured my full attention. The beauty of the blooming gardens against the contrast of bursting greens was impressive. I felt blessed to be in that moment.

As I kept wandering through much hidden beauty, I found myself on a different path. I had to cross the pond in front of me, and the only way across was with the help of seven stepping stones. The reflection of the sky and trees on the water distracted me from a desire to know its depth. I took for granted that the stones were solid to the ground. I knew if I stepped on them, I will make it to the other side just fine, and so I did.



I looked back and smiled. I felt joyful to be in the moment where I could appreciate the value of the steppingstones to get me where I wanted to go next. The stones served a purpose; they delineated the path where I could stand so I could continue on with my journey. As I smiled, I remembered so many instances where people and divine connections have served a personal purpose to reach higher, explore further, learn, teach, give, receive, and just be. Each human encounter and place is constantly enriching my existence as I enjoy taking the time to reflect and observe the beauty within: the true value of who and what they are. It is in these moments in time that I live, and I am blessed!



Dear Fellow Coaches,

As you reveal the treasures of your journeys, and savor the value of each moment of your days, may you find joy, peace, and the reassurance that you are always stepping on solid stones grounded by the loving support of your family, friends, neighbors, coworkers, faith, and personal values!

With warm regards,
Amalia



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Alumni Announcements

Do you have an announcement such as a publication, presentation, or other professional accomplishment that you would like to share with your fellow alumni? If so, [click here](#) to complete the online form with your information. Announcements will be included in the next issue of the Alumni Newsletter in September 2014.

Christel Autuori (Foundation cohort 14 and Certification cohort 6, residing in Ridgefield, CT) recently presented “Yoga off the mat and into the dental operator: An integrative approach” to dental professionals from Connecticut and neighboring states at the Charter Oak Conference, [Connecticut State Dental Association](#) Annual Meeting. Additionally, in January, 2014, Christel was appointed Adjunct faculty member, Department of Health Promotion and Exercise Science at Western Connecticut State University, Danbury, CT. During the Spring semester, 2014, she developed and presented the course, Introduction to the Principles and Practices of Holistic Health.

Deirdre Breen (Foundation cohort 7 and Certification cohort 3, residing in Katonah, NY) recently delivered the presentation “Dosha Coaching Workshop” to 25 attendees at the *10 Day Ishta Yoga* retreat.

Sunil Daniel (Foundation cohort 18, residing in Birmingham, AL) published “A complications-based clinical staging of obesity to guide treatment modality and intensity” in *Current Opinion in Endocrinology, Diabetes and Obesity*. Sunil is currently Associate Scientist (March 2014 – Present) Nutrition Obesity Research Center (NORC), University of Alabama at Birmingham (UAB).

Elaine Dunaway (Foundation cohort 19, residing in Harrisonburg, VA) completed a class/group for Cancer Survivors and Caregivers. This pilot program group included 5 women who met for 4 weeks. She plans to offer the group 2-3 times a year and will make it 6 weeks next time. She was pleased with how it went and will use the upgrades in future groups. This along with individual coaching is a new service line offered at the Cancer Center where she works.

Debbie Lee (Foundation cohort 7 and Certification cohort 3, residing in Naples, FL) is now a co-lead in the IHCPT Foundation Course and an instructor in the IHCPT Certification Course.

Penny McIntosh (Foundation cohort 9, residing in Maryville, TN) was hired this month to work as Nutritionist/Health Coach/Personal Trainer for the new WellHouse Spa at Blackberry Farm, a multi-award winning hotel/resort. Penny incorporates her health coaching skills into her nutrition and personal training sessions. She says that there is no doubt that having the IHCPT training at Duke IM helped her acquire this position at Blackberry Farm Resort. She thanks Duke IM for offering this program because she says the skills have made her a much more effective counselor and coach.

Shirley Michl (Foundation cohort 4 and Certification cohort 2, residing in Asheville, NC) launched an online 6-week group coaching program. Using the IHC process she is coaching 4-6 people allowing them to address their unique health/life aspect while receiving coaching and group support. The group is also included in a private Facebook group to share ideas, successes, ask questions and provide support to one another.

Cory J. Muscara (Foundation cohort 12 and Certification cohort 7, residing in Sayville, NY) will be starting the Masters of Applied Positive Psychology program, founded by Dr. Martin Seligman, this Fall at the

University of Pennsylvania.

Angela Savitri (Foundation cohort 6 and Certification cohort 5, residing in Winston-Salem, NC) recently published “Four Myths About Mindfulness Meditation” in *Med Monthly*. She also completed a presentation titled “5 Steps to Prevent Burnout for Women Leaders” for the Women’s Leadership Summit – Jr League Greensboro, Business and Professional Women of Raleigh, Piedmont Women’s Attorneys Association. Additionally, she delivered the presentation “Stress and the Social Nervous System” to Graduate Students at Winston-Salem State University.

Sue Schneider (Foundation cohort 12 and Certification cohort 6, residing in Durham, NC), with co-authors K. Kingsolver and J. Rosdahl, recently adapted “Physician Coaching to Enhance Well-being: A Qualitative Analysis of a Pilot Intervention” for upcoming publication in *EXPLORE: The Journal of Science and Healing*. A publication date hasn't been set yet – stay tuned! Sue has also accepted a position as Adjunct Faculty at Maryland University of Integrative Health to teach in the Health and Wellness Coaching Program. She recently developed a course titled, Theories and Principles of Behavior Change, for both online and on-campus instruction. She is teaching this course online as well as on campus this summer.

Kimberly Eastman Zirkle (Foundation cohort 6, residing in Chapel Hill, NC) recently published “Instilling Health Literacy and Cultural Competency with in Every Patient Encounter” in the May 2014 issue of *CASE IN POINT*, which is written for care managers, health educators, and health coaches working across cultures and those who may have a low literacy level.



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Registration closes on June 20 for next IHCPT Certification Course

There are only a few days left to register for the July-December 2014 Certification Course! Call 1-866-313-0959 by June 20 to reserve your spot in this course. As you know, the Certification Course is open to all Foundation graduates. It is designed to deepen your understanding and application of the core skills and offers an excellent forum to achieve an expanded professional level of competence in the field. This distance learning course is delivered via web and teleconferencing. Those who complete all requirements for the Certification Course are certified as integrative health coaches by Duke IM. Program information is available on our [website](#).

Thank you for Referring Others to IHCPT!

Many of the people who take the IHCPT Foundation Course first hear about our program from our IHCPT Alumni. Thank you for continuing to spread the word about integrative health coaching and the IHCPT Program! If you are considering referring others to the IHCPT Foundation Course, please direct them to our website where they can learn more information, register for a free informational teleconference, and complete the online application form. We are currently accepting applications for the July 2014 Foundation Course. Foundation Course information is available on our [website](#).

Looking for IHCPT Mentors for Fall 2014!

Duke is seeking Alumni Mentor Assistants for upcoming IHCPT Foundation Course modules. Mentoring is an opportunity to experience a module of the Foundation Course as well as to share your passion for coaching with current students. [Click here](#) to learn more about the role of the mentor. Mentors must be present for the entire module. The module dates of our upcoming course are: July 15-19, 2014 (Tuesday–Saturday), August 20-23, 2014 (Wednesday–Saturday), and October 1-4, 2014 (Wednesday–Saturday). If you are interested in serving as a mentor during one of these modules please send an email to meg.vanstaveren@duke.edu.

Duke IM Programs Department recently earned Duke Green Workplace Certification

As a way to further our green mission at Duke IM, the Programs Department has recently embarked on some new initiatives. Our department was recently recognized in [Duke TODAY](#) as the 65th Sustainable Duke Green Certified Workplace! This Duke-wide sustainability initiative recognizes workplaces that have reduced their environmental footprint. We accomplished this certification by committing to changes ranging from utilizing technology in order to decrease printing, to collecting recyclables at our desks, to plugging electronics into a power strip. In addition, three of our programs have achieved Duke Green Event Certification: May 2014 Mindfulness Training for Professionals, July 2014 IHCPT Certification Course, and July 2014 IHCPT Foundation Course. We plan to pursue Green Event Certification for additional programs in the future.

Yoga of Awareness for Cancer Professional Training

June 23-29, 2014

This seven-day professional training is offered to registered yoga instructors. Incorporating a blend of instruction, practice, and discussion, it introduces the Yoga of Awareness program that was developed at Duke University Medical Center (DUMC), in addition to skills and knowledge needed to teach yoga to those healing from cancer. Offering a certificate of completion, this program is held at the state-of-the-art Duke Integrative Medicine facility in Durham, North Carolina. Jim and Kimberly Carson, founders of the Yoga of Awareness for Cancer program, direct the training and partner with Duke medical experts in oncology and health psychology to present relevant information for teaching yoga to cancer patients and survivors. More information is available on the program [website](#).

MBSR Graduate Program: Sustaining and Deepening Practice

June 26 – August 21, 2014

After attending the foundations course you may find that your meditation practice could benefit from continued support. This course will offer an opportunity to deepen practice and to explore the major tendencies of the mind that hinder our ability to see clearly. As our understanding of the shared human condition grows, the heart-mind naturally inclines towards compassion and towards sustaining practice. A wholesome energy arises for patiently observing our engagement with life just as it is! With better information we begin to abandon unwholesome habits and infuse kind awareness into all the actions of daily living. Gradually old patterns of reactivity and tension soften and fall away. We will cultivate mindfulness, concentration, and kindness. More information is available on the program [website](#).

MBSR Distance Learning

July 2 – August 20, 2014

Previously only available in an on-site class environment in the Raleigh-Durham area of North Carolina, Duke Integrative Medicine's MBSR program now offers distance-learning opportunities:

- Foundation - *The Mindful Way to Reduce Stress: A Distance Learning Program*, where participants meet with their instructor and class once a week via telephone conference from wherever they may be. These offerings are designed to deliver the same teachings and opportunities as the on-site programs for those who are unable to visit our facility due to scheduling difficulties, distance, or physical limitations.

More information is available on the program [website](#).

The Not So Big Life

August 15-17, 2014

Have you ever wondered if there's more to life than meets the eye, or suspected that you're missing a big part of it? Ever felt like a human "doing" rather than a human "being?" Sarah Susanka, best-selling author of *The Not So Big Life*, offers guidance in this weekend workshop to help you identify what's in the way of living your full potential – right here, right now. More information is available on the program [website](#).

Therapeutic Yoga for Seniors (TYFS) Yoga Professional Conference

September 18-21, 2014

Re-engage with the Yoga for Seniors teaching community to deepen your knowledge base, broaden your professional network, and expand on the skills learned in the Therapeutic Yoga for Seniors teacher training. This annual alumni event is a chance to connect with others on the same path--registered yoga teachers working with older adults; the fastest-growing segment of our population. Serving this uniquely vulnerable group requires on-going learning, technique refinement, and collaborative synthesis of ideas among colleagues. This conference will feature presentations from Duke medical faculty, plus advanced training in skills designed to create a welcoming and safe environment for older adults. Explore how to enhance your teaching skills and how to weave the experience of the transformative power of yoga directly into your instruction. Please note: All graduates of the Yoga for Seniors programs presented either at Duke Integrative Medicine or the Kripalu Center for Yoga and Health are invited to this four-day professional conference, held at Duke Integrative Medicine. More information is available on the program [website](#).

Leadership Program in Integrative Healthcare at Duke University is now accepting applications

Duke Integrative Medicine is pleased to announce an exciting new program designed for executive level professionals who have already demonstrated leadership — both clinical experts in integrative healthcare and senior administrators. The application for January 2015 enrollment is now open. The course will include instruction in areas such as leadership and strategy, integrative healthcare and the healthcare environment, communication and business operations, and health and wellbeing. Program graduates will receive personalized counsel to create a detailed, tailored business plan to help them implement integrative strategies within their own organizations. More information is available on the program [website](#).

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