

Supporting Mental Health and Wellness Through Yoga

Whitman Wellness School of Yoga
900 Hour Yoga Mastery Program

Faculty: Erin Amanda Munroe, LMHC
School Adjustment Counselor

Overview: Everyone has mental health - and it is important to prioritize mental health as a part of our overall health and wellness. We will begin this immersion with an introduction and exploration of the Manamaya Kosha; the kosha composed of the mind. This kosha encompasses our thoughts, feelings, emotions, perceptions and daydreams. From passing thoughts, to deeply ingrained perceptions of self and the world around us - it is our affectionately named “monkey mind”. How does our mind contribute to our mental wellness? It can uplift and destruct based on how we perceive and interpret the world through our senses. It is this kosha that we must explore to help us help ourselves and our students navigate many mental health challenges such as Substance Abuse, Grief, Depression, Trauma, Anxiety, ADHD, Unhealthy Relationships, Codependency and our overall patterns of interacting with the world around us. This immersion will explore the effects of yoga and meditation on these conditions and overall mental health wellness.

Learning Outcomes:

- Obtain a deeper understanding of the Manamaya Kosha and how our beliefs, opinions, assumptions, thought patterns, cultural and familial upbringing have molded how we respond to everyday life.
- Learn tools to help work within this kosha to change negative thought patterns and beliefs for more positive mental health outcomes.
- Learn about yoga language, poses and other tools that best support many mental health diagnoses.
- Obtain a deeper understanding of how the brain is affected by conditions such as trauma and anxiety and the changes that can occur when adding yoga and meditation into a self-care support plan.
- Learn about the Vagus Nerve and Polyvagal theory. The “tone” of our vagus nerve is a large part of our Social Engagement System which affects how we interact with the world around us and how we perceive sensory information as it enters our bodies and minds.
- Gain understanding of different types of therapies, such as Cognitive Behavioral Therapy, Behavioral Activation and Art Therapy.

Total Hours: I could easily do 2 weekends but could make it just one if I had to.....

Course Organization: This course will incorporate movement, breathwork, meditation, readings, and interactive lectures. Students will build their own toolboxes (literally and figuratively) and develop yoga lesson plans utilizing the tools they acquire for their toolboxes.

Course Materials: Slides, readings and art supplies will be provided; It is recommended students bring a “paint shirt” or wear clothing that can withstand paint and glue.

Faculty Bio: Erin is a Licensed Mental Health Counselor and Licensed School Adjustment Counselor. She has worked in the Mental Health field for 20 years with extensive work in Trauma, Substance Use and Abuse, Grief, Anxiety, and Depression. She is the author of 3 books, *The Everything Guide to Stepparenting*, *The Anxiety Workbook for Girls*, and *When Big Things Happen to Little Girls*. Currently Erin is a School Adjustment Counselor at a Middle High School and also an Adjunct Professor at Cambridge College, where she teaches in their School Adjustment/Mental Health Counseling Dual Certification Program.

Faculty Photo:

