

IAODAPCA
Presents

Date: September 22, 2010

Time: 9:00 am - 4:00pm

Place:
IAODAPCA
401 E. Sangamon Ave.
Springfield, IL 62702

Contact person:
Dianne Gutierrez
217/698-8110
Dianne@iaodapca.org

- ◆ **Fee: \$70 for members**
- ◆ **7 Ceus (all categories)**
- ◆ **Bring your lunch**
- ◆ **Dress Comfortably**
- ◆ **Bring Walking Shoes**
- ◆ **Register early**

Meet Your Instructor

Michael R. Azzaline, MA, CADC, MAC, LPC, E-RYT500 has been affiliated with Palos Community Hospital since 1982 working for the Department of Psychiatry. He has over 30 years of experience working as a psychotherapist with psychiatric and chemically dependent clients. Currently he is a Charge Therapist for the Outpatient Behavioral Health Program at Palos Community Hospital and he has been a member of the hospital's speaker's bureau since 1987. Mike has delivered numerous presentations regarding mental health, substance abuse, and managing stress over the years. He is also a Master's prepared Licensed Professional Counselor and a Master's level Certified Addictions Counselor. Mike has been a Certified Master Teacher of Hatha Yoga since 1978 and is a Certified Yoga Therapist from The International Association of Yoga Therapists. In addition, he is registered with the International Yoga Alliance as an Experienced Registered Yoga Teacher at the 500 level. Mike earned his undergraduate degree from Lewis University with majors in biology and psychology and he earned his graduate degree from Governor's State University with a major in Human Ecology. He currently teaches yoga at The Sunshine Yoga Center in Orland Park, Illinois.

Practical Applications for Mental Health & Addiction Recovery

Yoga Therapy



This spirited presentation invites the participant to learn and practice simple and effective Yoga Therapy techniques that are evidence based and easy to implement in treatment planning. All techniques will be valuable for clients, family members and counselors . In addition, a new intensive outpatient yoga therapy program outline for Mental Health and Substance Abuse Recovery will be introduced. Discover how the practice and application of yoga techniques in medical and recovery centers has been an amazing trend that has been growing over the past 25 years.

Join us for highly motivating approaches to treatment and a day full of wellness. All attendees are invited to take a short walk with the IAODAPCA Staff through Lincoln Park during the lunch hour to network and recharge. Take advantage of this low cost, high quality training. Reserve your seat by completing the enclosed registration form.

Space is limited so reserve your spot today!