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YogaFit partners with Wholebeing Institute Bringing Positive Psychology into Yoga Therapy Training

HARDWICK, MA (November, 2013) – YogaFit, the largest yoga fitness education school in the world, and Wholebeing Institute, an educational organization at the forefront of whole-person positive psychology, have created a partnership to bring positive psychology courses into yoga therapy training programs. Taught by Dr. Tal Ben-Shahar, one of the world's leading experts in positive psychology, the online courses help yoga practitioners and yoga therapists understand the scientific study of optimal human functioning.

Positive Psychology is a science that focuses on individual and societal flourishing—on cultivating happiness, strengths, self-esteem, and optimism. This evidence-based field supports many concepts within the YogaFit program, corresponding with several key elements that make the YogaFit style unique, such as The Essence, PEP feedback and Transformational Language—an approach that focuses on words as powerful healing tools.

Because of the synergies between the two programs, YogaFit is incorporating Wholebeing Institute's *Introduction to Positive Psychology* course into the new Yoga Therapy program and will make it available to the entire YogaFit network for a continuing education opportunity.

"After taking the *Introduction to Positive Psychology* course, I became a huge fan. I cannot wait to be able to bring this great programming to the YogaFit community and look forward to its impact," says Beth Shaw, president and founder of YogaFit.

The five-week online *Introduction to Positive Psychology* course introduces the emerging field of Positive Psychology. YogaFit students are exposed to the theoretical and practical implications of a positive focus, the positivity ratio, dealing with painful emotions through acceptance, gratitude and appreciation, and attaining lasting change.

“This is new, cutting edge territory we’re entering to foster whole-person well-being,” says Megan McDonough, CEO and co-founder of Wholebeing Institute. “YogaFit is the first school to integrate Positive Psychology directly into a yoga therapy curriculum—combining the latest science of human flourishing with the ancient tradition of yoga.”

For more information, go to www.wholebeinginstitute.com/1yogafit.

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