



Red Mountain Institute of Yoga Psychology

If you are a Mental Health Professional and you would like to get started with Red Mountain Institute of Yoga Psychology's Yoga Psychology Training for Mental Health Professionals, then this page will give you some helpful information.

(To learn about Yoga Psychology Training for Mental Health Professionals, please select/click the webpage icon and read About YPT for MHP.)

(To learn about Deborah, please select/click the webpage icon and read YPT About Deborah.)

Sessions Offered Two Saturdays Each Month

Sessions Start at 11:30 AM and End at 2:00 PM

Sessions are Held at 602 Garrison Street Suite 104 Oceanside CA 92054

Fee: \$100 for a single session; or \$75 per session prepaid as \$375 for 5 sessions.

Pre-approval Required:

Everyone must first attend an in-person Individual Evaluation Session with Deborah to see whether or not the program is a good fit at this time for you. The \$150 fee for this 50-minute session will be waived to make it easier for any interested Mental Health Professional to apply for the program.

To schedule your Individual Evaluation Session,

please call Deborah at 760-529-1313

or email her at space2thrive@gmail.com.