



➔ **online and on-site**

Kripalu's exclusive Certificate in Positive Psychology with Dr. Tal Ben-Shahar



Adjunct Faculty
Deborah Cohen



Maria Sirois

In contrast with traditional psychology that focuses on pathology—alleviating neurosis, anxiety, and depression—Positive Psychology focuses on individual and societal flourishing—on cultivating happiness, strengths, self-esteem, and optimism. Through a combination of on-campus and online programming over 10 months starting this July, Kripalu offers an exclusive Certificate in Positive Psychology from one of the field's leading experts, Dr. Tal Ben-Shahar.

This course is appropriate for personal development—gaining skills in self-mastery, parenting, and relationships—and professional development for use in coaching, leading, teaching, nursing, social work, yoga or mind-body teaching, and psychology.

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Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to teach the art and science of yoga to produce thriving and health in individuals and society.

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positive psychology



Happiness is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain; happiness is the experience of climbing toward the peak.

—Dr. Tal Ben-Shahar

Kripalu

PO Box 309
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01262-0309



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