



Bringing People & Knowledge Together...

Using Yoga Therapeutically

March 14, 2009 • Los Angeles, CA
(Early Bird Registration Deadline: February 21, 2009)
Location: TBD (Contact Us If Interested In Hosting)

March 28, 2009 • San Francisco Area, CA
(Early Bird Registration Deadline: March 7, 2009)
Location: TBD (Contact Us If Interested In Hosting)

Registration Fee: \$195.00

Course Description:

Yoga is a 5000 year old self-awareness technology, which uses mechanically brilliant exercises (postures), to balance and heal the body, to calm the nervous system and to quiet the mind. The process of learning includes alignment, strength and flexibility as some of the integral structural components. These, along with focused mind body connections and breath work, are the mainstays of all yoga styles.

In this workshop, we will literally and comprehensively move through all of the basic yoga postures to understand and experience their mechanics and their relationships to normal and stable movement patterns. We will also discuss their capacities for healing specific injuries, and the healing power of the yoga process.

No prior yoga experience is required, and some anatomy background is helpful.

Who would take this class and why:

- those who practice yoga and would like to use yoga fundamentals for rehabilitation and/or postural refinement or work more deeply with the 'process' of healing
- those who do not practice yoga and would like to understand yoga based injuries and be able to make sound modifications of postures for injured clients
- those who would like to learn the depths of structural yoga in thorough technical usable terms
- those who would like to create yoga based sequences for core strength, spine, shoulder, hip, knee or ankle stability or movement fluidity
- those whose background in healing arts, sports or dance therapy who would like to incorporate yoga into their therapeutic systems

Objectives: Seeing Bodies for Vulnerabilities as they move

- For each posture we will discern counterposes, high-risk areas, common errors, and remedies.
- For each posture, we will learn specific muscle and joint requirements, i.e. specifically, where strength and flexibility are most needed and why



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- We will discuss modifications for beginners, geriatrics, wheelchair patients, various spine pains and other common injuries, and how these modifications might process and change over the course of time.
- We will create ways to emphasize various movement patterns; like hip internal rotation as an example, so that it is comfortable to build a safe yoga sequence around one of these, or around a specific injury, for healing.

Treatment Guidelines for the Clinical use of Yoga

- Seeing the body as a whole; seeing joint movements *as a function of* movement patterns instead of isolated muscles, within the frames of various yoga postures.
- Differences between using yoga for acute and for chronic pain

Agenda:

8:30 – 9:00am	Registration
9:00 - 10:00am	Begins with how yoga can be, on and off of the mat. Understanding core stability as a frame of reference for Tadasana (most basic posture), breathing and walking.
10:00 - 10:30am	Importance of breath, ujjhai and the technique and feeling of this ancient breathing system
10:30 - 11:00am	Opening sequence including sun salutations, actual practice
11:00 - 11:30am	Introduction to Yin Yoga, long slow ligamentous stretches that last
11:30 - 12:00pm	Lab- Students create and practice Yin type stretches with each other
12:00 - 12:30pm	Depths of elements for Downward Facing Dog, Plank Pose, Cobra or Upward Facing Dog, including practice
12:30-1:30pm	Lunch and manual discussion (<u>please bring a lunch</u>)
1:30 - 2:00pm	Anatomy of a yoga therapy session, i.e. choosing appropriate postures and sequencing for specific injuries, discussion of process and empowerment for healing
2:00 - 2:30pm	Balance in every posture~ focus, breath and spinal stability
2:30 - 3:30pm	Anatomy and lab sessions for basic poses
3:30 – 4:00pm	Application of these elements to any posture or rehab system
4:00 - 4:30pm	Review postures and sequencing
4:30 – 5:00pm	Final practice using all of the above

Speaker:

Sherry Brouman, PT is a Los Angeles based private practice physical therapist with thirty years experience. She is the author of *Walk Yourself Well* published in five countries. She has spoken at NASA, The American Back Society, The Institute for Integrative Medicine, The Los Angeles Health Festival and she teaches nationally. She was the Physical Therapy Crew Manager for the Avon 3-Day Walk for Breast Cancer for two years, contributing some fifty walking clinics for thousands of walkers. Sherry presently also teaches Yoga and Yoga Teacher Trainings at Exhale/ Sacred Movement Yoga Studio in Santa Monica, California as well as nationally.



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CEUs/PDUs/Contact Hours:

A certificate of attendance will be presented to each participant for 7.0 contact hours. The California Education Connection is recognized by the NATA Board of Certification to provide continuing education for certified athletic trainers. The NATABOC approved provider number is P2959. This course will also assist in completing the required continuing education for the Yoga Alliance. The NSCA Certification Commission Executive Council approved 0.7 CEUs for CSCS and NSCA-CPT certificants attending this event. California Education Connection is an AOTA Approved Provider of continuing education. This course is eligible for 0.7 CEUs from the AOTA. The AOTA does not endorse specific course content, products, or clinical procedures. This course will also count toward the PDU requirement for OTRs / COTAs in the State of California.

Early Registration Deadline

The registration deadline for all courses is three weeks prior to the start of the course. All registrations must be postmarked or received three weeks prior to the course date, if received after the registration deadline, a \$25.00 Late Fee will be applied to the registration fee.

Group Discounts

For every 5 people that sign up for the same seminar, we will give that group one complimentary spot.

How Do We Sign-Up and Qualify for the Free Spot?

In order to qualify for this discount, we must receive all six completed registration forms with the appropriate payment for the five spots. If you want to mail in the completed forms, you must mail all six forms in the same envelope. If you want to fax in the forms, you must fax all six forms at the same time.

Please note that there will be no exceptions granted. We must receive everything at once in order to process these registration forms under the group discount policy.

Refund & Cancellation Policies:

The California Education Connection reserves the right to cancel or reschedule this seminar due to an insufficient number of registrants or other unforeseen circumstances. Under these circumstances, seminar fees will be returned in full to the registrant in the same method as the payment was received. Please note that the California Education Connection is not responsible for hotel, airline or other expenses incurred.

All cancellations must be submitted in writing. For cancellations received 14 days or more before the seminar date, the seminar fee will be returned less a \$25.00 administrative fee. If, after registering, you decide you cannot attend the seminar, but want to transfer your spot to another person, there will be a \$25.00 administrative fee. Within 14 days of the seminar, no refunds will be made, although the seminar fee (less a \$25.00 administration fee) is transferable to another person for the same seminar date.



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REGISTRATION FORM: Using Yoga Therapeutically

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- March 28, 2009 • San Francisco, CA

Registration Fee: \$195.00

Please Print:

Name Credentials

Home Address

City, State Zip Code

Home Phone Work Phone Fax Number

E-mail Address

Facility Name City State

Send registration and check to

**California Education Connection
4131 E. La Cara Street
Long Beach, CA 90815**

(888) 212-5412

**OR Fax credit card payment to:
(562) 498-9115**

How did you hear about us? Internet Email Mailing Sales Rep (Name: _____)
 Other: _____

PAYMENT:

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I authorize the California Education Connection to charge my credit card the amount listed above.