

50-hr Cross Disciplinary Yoga Teacher Training - Yoga for Longevity

Technique, Training and Practice 25 hours

Asana technique for 4 chair yoga sequences to promote strength, stability, joint flexibility, balance and fine motor coordination

Modified restorative poses to support the bodies natural ability to recalibrate

Use of conscious breath work, meditation, mudras and sound to enhance the flow of prana and increase the mind-body connection

Brain training sequences to create a greater connection and balance between all parts of the body, integrating mental awareness with the physical body

Use of intentional touch with this population to empower individuals to receive and make connection

Community building to promote independence through sensitivity, story telling, touch, and language

Designing and sequencing practices for adaptable yoga

Teaching Methodology 4 hrs

Small group exploration, discussion and experiential activities

Creating an inclusive and compassionate learning environment with sensitivity to unique student needs

Encouraging student creativity and self-expression

Effective communication, the lost art of listening and giving & receiving feedback

Anatomy and Physiology 6 hrs

Structural and energetic alignment of the body/mind

Physiology of Aging

Physiology of Pranayama to support cognitive functioning and the nervous system

Common issues and health concerns to consider with this population

Philosophy 10 hrs

Present day living, the power of letting go and faith

Embracing change, transitions and contentment in the later years of life

The power of community and empowering 'the wise one' to support this stage of development

Swadhyaya: Self-study and personal reflection on transitions through major life stages

Earth Based philosophy; healing the body-mind-spirit through ancient earth wisdom

Professional and Ethical Practices

Practicum 5 hrs

Practice teaching in small and larger groups

Design and teach adaptive yoga experiences for aging populations or those with limited mobility, rehabilitating from illness or injury

50 hours with Lotus Why, ERYT 200, RYT 500

Elective course for the 500 hour Cross-Disciplinary Yoga Teacher Training

