

High Desert Yoga presents

SENIOR YOGA

IMMERSION & Teacher Training



February 10–12, 2017

Senior Yoga Immersion

This training is appropriate for all teachers, students, professionals, and family members who work with seniors, as well as seniors who have been practicing yoga for at least one year and wish to deepen their practice. We will look at common limitations of the elder population, and explore methods for practicing and teaching yogasana (poses) to help minimize current symptoms, prevent further complications, and improve quality of life.

The following topics are included in this workshop:

- Spinal alignment and posture
- Body awareness
- Breathing practices and the role of the breath in practice
- Psychosocial issues affecting lifestyle and functionality
- Ethics from a yogic perspective (yama & niyama) as applied to yoga practice & working with seniors

FEES

\$175 plus tax (\$187.80) by Jan. 27

\$185 plus tax (\$198.53) Jan. 28–Feb. 9



*Both trainings meet
Friday 6–9 PM
Saturday 1–6 PM
Sunday 1:15–5:15 PM*

October 27–29, 2017

Senior Yoga Teacher Training

This training is for graduates of a yoga teacher training program who wish to gain deeper understanding of the needs of senior students or those who intend to teach yogasana to the senior population.

Topics for this training include:

- Revisit topics from the Senior Yoga Immersion workshop
- Adapting and assisting asana for seniors
- Sequencing a senior yoga class
- Common conditions with emphasis on musculo-skeletal disorders such as arthritis, joint replacement, and back pain

FEES

\$175 plus tax (\$187.80) by Oct. 13

\$185 plus tax (\$198.53) Oct. 14–27

SENIOR YOGA CERTIFICATION *from High Desert Yoga*

Requirements:

- At least 200 hour Yoga Teacher
- Attend both Senior Yoga workshops
- Complete certification project
- Fee: \$50 plus tax (\$53.66)

FACULTY



Nishtha Jane Kappy (E-RYT500, LMT)

has been exploring yoga and movement practices for four decades and began teaching yoga in 2010. She is certified as a Senior Yoga Teacher through High Desert Yoga and

teaches senior yoga and beginning and intermediate classes for the general population. After 20 years of massage therapy practice, Nishtha brings to her teaching a hands-on knowledge and curiosity about human anatomy with a focus on internal organization and body awareness.



Judith Arredondo (RYT500)

has been teaching fitness since 1993. She graduated from the High Desert Yoga 500-hour teacher training in 2015. Judith is

certified as a Senior Yoga Teacher through High Desert Yoga. She teaches senior and adaptive yoga classes, focusing on alignment and coordinating the complexity of asana with the ease of the breath.

HIGH DESERT YOGA

Yoga is for Everyone!

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revised 5/18/2017