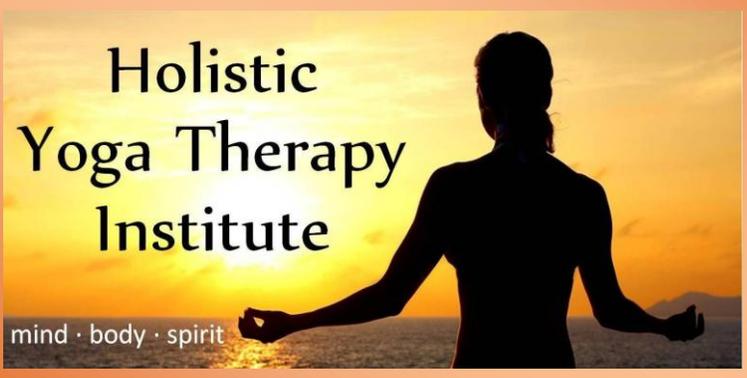




Structural Yoga Therapy Focus Lower Quarter



With Chrys Kub, E-RYT 500, CYT
Licensed Physical Therapist

Structural Yoga Therapy Lower Qtr

Dates: Friday December 13 -
Sunday December 15

Times: 6 pm - 9 pm Friday
9 am -6 pm Sat & Sun

Cost: \$275 thru Nov 13
\$300 thru Nov 28
\$325 after Dec 6

Where: Vault Yoga
234 Fayetteville St
Raleigh, NC 27601

Info: www.yogaclub.us
(Under Teacher Training)

24 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certifications, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT
****12/31 IAYT Grandfathering Deadline****

- Within this immersion we will explore:
- * Therapeutic Yoga for the lower quarter of the body including the spine, low back, hips, knees & feet
 - * Upper Quarter immersion also offered by Holistic Yoga Therapy Institute / Yoga Club
 - * Assess Your Students Structural Capabilities, Posture, Flexibility and Strength
 - * Increase Flexibility & Range of Motion
 - * Provide Students Personalized Yoga Therapy Prescriptions & Holistic Treat Plan