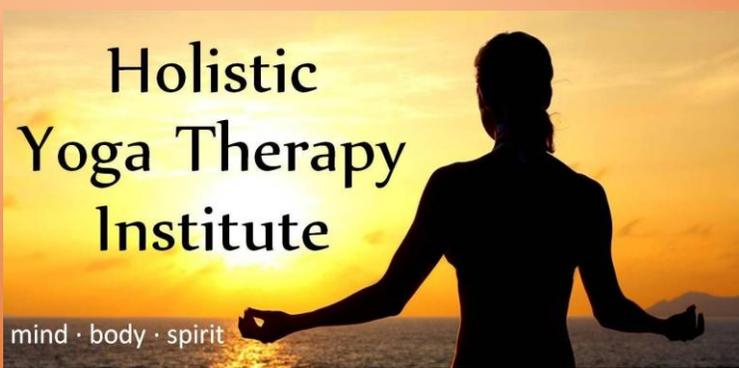




Yoga as Holistic Healing for Medical Conditions Part II



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

Yoga As Medicine ~ Holistic Healing

City: Richmond, VA

Dates: Friday June 20 - Sunday June 22

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

Cost: \$299 thru April 20
\$325 thru May 20
\$350 after June 13

Where: Yoga Energy Therapy
1624 East Parham Rd
Richmond, VA

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

22 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

- Within this immersion we will explore:
- * Foundational knowledge of various Medical Conditions including Chronic Fatigue, Insomnia, Cancer, Depression, Irritable Bowel
 - * Neurological Diagnoses such as Traumatic Brain Injury, CVA (stroke), Parkinson's, Multiple Sclerosis, Spinal Cord Injury
 - * Neuro-emotional Web / Relation to Disease
 - * 8 Step Wellness Plan / Tools of Yoga
 - * Breathing / Pranayama in Healing
 - * Asana Prescription/Sequencing/Precautions
 - * Group Yoga Therapy Curriculum & Process