



Yoga for Seniors

Holistic
Yoga Therapy
Institute

mind · body · spirit



With Carol Krucoff E-RYT 500 &
Kimberly Carson, MPH, E-RYT 200

Yoga for Seniors & Chair Yoga Charlotte, NC September 13 - 14, 2014

Times: 9 am - 6 pm Saturday
9 am - 5 pm Sunday

Cost: \$299 thru June 15
\$325 thru July 31
\$350 after August 1

Where: Dharma Charlotte
1440 South Tryon St
Charlotte, NC 28203

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

16 Hrs towards your 200 HR / 500 HR
Yoga Alliance Certification or 1000
Hour Therapeutic Yoga Certification,
member school IAYT. Yoga Alliance
CEC's Available.

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

Within this immersion we will:

- * Explore Principles of Yoga Asana Practice in a Senior Body
- * Learn Demographics of Yoga for Seniors
- * In Depth Study of Osteoporosis, Arthritis, and Heart Disease and the Effects on a Senior Body.
- * Practical Application of Asana for Seniors
- * Learn Safe and Effective Therapeutic Principles for Sequencing Yoga for Seniors classes