



Yoga for Seniors Workshop for Yoga Teachers & Trainees

Seniors have unique health challenges. Our job as yoga teachers is to give them access to an appropriate level of yoga to keep them as mobile as possible without adding strain, and to help them address these challenges in a fun and helpful way.

In this workshop we will look at:

- Appropriate modification options for poses and sequences to keep bones strong (without falling!) and muscles and joints as healthy as possible
- Keeping range of movement without adding strain
- The use of props such as blocks, bolsters, chairs and straps
- Dealing with common problems such as:
 - Arthritis and osteoarthritis
 - High Blood Pressure
 - Pain
 - Heart conditions
- Restorative yoga
- The importance of meditation and the other limbs
- And having some fun!



Many traditional classes require a level of flexibility that many seniors simply do not have anymore. These classes also fail to create a structure and flow that is beneficial to seniors, causing more harm than good in the long run. You will come away from this workshop with the knowledge and a toolkit of techniques to create fun and accessible yoga classes for baby boomers and beyond.

The facilitator:

This workshop will be conducted by Sally Dawson who was trained at ACCY and currently teaches Asana and Anatomy for the Diploma of Classical Yoga. Sally runs Waverley Yoga Studio and has been teaching Yoga classes to a range of students including seniors for 10 years.

When: Saturday 19 May, 2012, 10am – 4pm

Where: Waverley Yoga Studio: 6 The Highway, Mt Waverley

Fee: \$115

Enquiries & Bookings: Robert 9833 4050 robert@classicalyoga.com.au
Sally 9803 8857 sally@waverleyyoga.com.au

Yoga teachers: This course earns you 5 YA Continuing Professional Development points