

High Desert Yoga presents

# Senior Yoga Teacher Training

April 12–14, 2019

This 15-hour highly-interactive weekend intensive is for anyone seeking to understand the needs of senior yoga students. Through group activity and inquiry, students will explore methods for practicing and teaching yogasana (poses) to minimize current symptoms, prevent further complications, and improve quality of life. Much of the content of this workshop is applicable to other populations who require modification of traditional yoga poses.

This workshop includes:

- The importance of spinal alignment and posture
- Facilitating greater body awareness
- Breathing practices and the role of the breath in practice
- Adapting and assisting asana for seniors (and others with challenges)
- Sequencing the Senior Yoga class
- Common health conditions from western and Ayurvedic perspectives
- Psychosocial issues affecting lifestyle, functionality, and teaching considerations
- Ethics from a yogic perspective as applied to working with seniors

In addition, upon completion of this training, qualified yoga teachers may enroll in the 12-week home study program to receive the HDY Senior Yoga Teacher Certification.

Friday • Saturday • Sunday

1:00–6:00 PM

\$215 + tax pre-registered by March 29

\$230 + tax after March 29

Discount for 2018/2019 HDY Teacher Training students or those who have attended a previous HDY Senior Training:  
\$185 + tax pre-registered by March 29; \$200 + tax after March 29



Nishtha Jane Kappy, E-Ryt500, 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 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.

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