

Extended Learning Yoga Therapy Training

An opportunity to be mentored by two highly trained and experienced teachers who are passionate about making yoga safe and accessible for all.

Suitable for Level 1 & 2 Yoga Teachers & Trainees and students who want to deepen their exploration of yoga and their bodies.

Presenters: Maria Kirsten & Judy Krupp

Teachers, Judy & Maria have collaborated to design a course to address the needs of teachers who are interested in expanding their understanding of human movement as applied to yoga asana. The ultimate Yoga Therapeutics is to avoid injury by teaching functional movement. To do that, it is vital to understand both the underlying anatomy of the body and the fundamental intention of yoga asanas.

This course is intended to be practical and relevant, and will give new teachers the confidence to be relaxed, present and creatively responsive in their teaching. Judy and Maria want participants to gain insight into the reasoning behind adaptation poses and sequence design.

The course consists of four full weekends over a four month period. A Certificate of Completion for a total of 56 contact hours will be awarded. These hours can be attributed towards continued professional development.

Judy Krupp, is a senior teacher trainer with more than 20 years experience. Founder and director of The Yoga Room, on Sydney's leafy North Shore, Judy was originally trained in the Iyengar system but now teaches a multifaceted approach that blends the art of asana practice with the science of the mechanics of movement. Judy has an astute knowledge of the body and its movement and she lives and teaches with both humour and passion. She encourages her students to move beyond their perceived limitations, while working at an individual pace with grace and core stability. Judy travels frequently to Asia, where she is in demand to teach at conferences, retreats and trains teachers in the principles of yoga therapy.

Maria Kirsten, MA, ERYT has been practicing yoga since 1989 and began teaching in 2000. She teaches anatomy, asana and yoga therapy on several Yoga teacher training courses and facilitates the Byron Yoga Therapy Course. She teaches Yoga Therapy and Yoga for Seniors in Japan. Maria has teamed up with Judy Krupp in running Extended Learning to give new teachers the guidance, experience and information they need to teach safely and confidently. Her DVD **Yoga for Grownups** is popular with yoga students and teachers alike. Her passion is making yoga safe and accessible for everyone. She is dynamic and fun, and makes anatomy come to life in movement.



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Workshop Schedule:

Weekend 1: Saturday 14th March and Sunday 15th March

Weekend 2: Saturday 18th April and Sunday 19th April

Weekend 3: Saturday 16th May and Sunday 17th May

Weekend 4: Saturday 13th June and Sunday 14th June

Venue:

The Yoga Room
Suite 2 upstairs,
192a Mona Vale Rd.,
St. Ives NSW 2075

Cost:

It is our preference that students attend all 4 sessions, but we understand that this is not always possible.

Full course: \$1500 paid on enrolment
Installment Plan: \$400 per weekend session.
Must be paid in full at least one week prior to each session.

Contact:

Judy on judykrupp@bigpond.com or
Maria on maria@yogaforgrownups.com

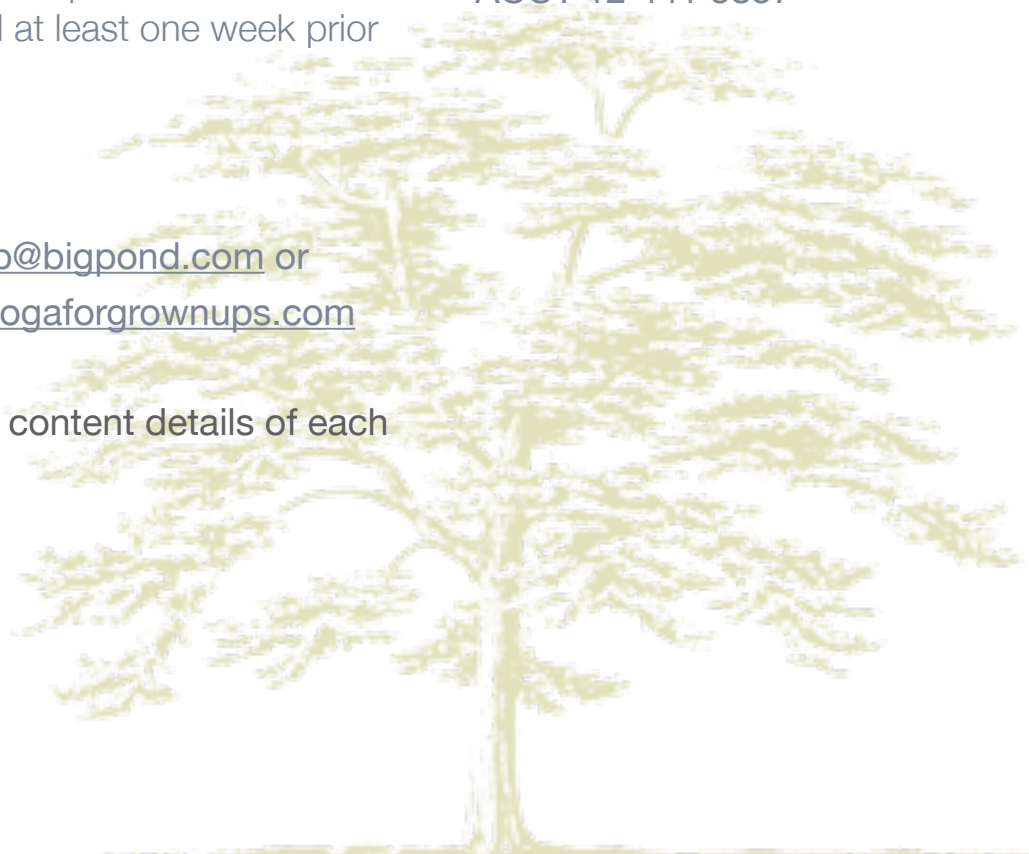
See next page for content details of each weekend

What to Bring:

Key Muscles of Hatha Yoga by Ray Long
if you already own it, otherwise do not worry.

To Enroll:

Enrollment:
Direct Deposit Details
Maria Kirsten and Judith Krupp
BSB 082 707
ACCT 12 441 5857



Each weekend will have a particular anatomical and therapeutic focus.

Weekend 1:

Posture analysis: structural and functional.

Anatomy of breathing, the pelvis, hips and core, and application of functional movement in yoga asana.

Developmental patterns and their application in yoga asana.

Sequencing poses for hips, pelvis and core.

Weekend 2:

Developing a therapeutic practice for hips

Anatomy and functional movement of the spine and sacroiliac joint, and application in yoga asana.

Scoliosis and sacro-iliac therapy.

Principles for protecting the spine in yoga asana.

Principles of pose modification and props, and application in yoga asana.

Developmental patterns and their application in yoga asana.

Weekend 3:

Anatomy and functional movement of the shoulder girdle and thorax, and application in yoga asana.

Rotator cuff injury prevention, and shoulder therapy.

Developmental patterns and their application in yoga asana.

The art of metaphorical teaching

Anatomical and functional dissection poses.

The fascial connection and tensegrity principle.

Weekend 4:

Adjustment principles and application in yoga asana.

Anatomy of systems: working with the nervous system, the fascial network, the fluids and the organs in yoga asana.

Developmental patterns and their application in yoga asana.

How to teach therapeutically.

Building a therapeutic class for neck, shoulders and shoulder awareness.

The art of ahimsa; application of the yamas and niyamas in teaching yoga.

Restorative yoga principles.

Partner work and energy work and application in asana.

Gait analysis.