



TEACHING YOGA TO SENIORS 24-HOUR CERTIFICATE TRAINING

Oct 21-23, 8am-5:30pm | Tula Yoga | St Paul, MN



Seniors age 65 and older represent the fastest growing sector of the U.S. population and – like many Americans – are increasingly drawn to yoga. Yet there are few places where yoga teachers can learn practical strategies for adapting the practice to various needs, including older bodies, minds and spirits.

Earn a Certificate of Completion

This pioneering 24-hour program, developed at Duke University and taught at Kripalu, combines the best of modern, evidence-based medicine with the ancient wisdom, experience and tradition of Yogic teachings.

Yoga instructors Carol Krucoff and Kimberly Carson will cover health conditions common to seniors, such as heart disease, arthritis and osteoporosis. Then in special hands-on training sessions you will learn how to appropriately modify postures for safe and effective work with older adults, with emphasis on individuals new to yoga. Teaching elderly students pain management, fall prevention, spirituality and aging will be covered, too.

\$495 (\$550 after August 21)

Includes handbook
(A \$200 deposit will hold your spot)

**Register at yogacalm.org
or info@yogacalm.org**

 YogaAlliance

Training hours qualify toward
Yoga Alliance's continuing
education for existing RYT's.

Instructors

Kimberly Carson, MPH, E-RYT 200, is a yoga teacher and health educator at OHSU and Duke Integrative Medicine. Over the last 16 years, she has specialized in tailoring yoga for older adults, and students with cancer, chronic pain and heart disease. She also teaches Mindfulness Based Stress Reduction (MBSR) and has coauthored studies and developed protocols using yoga and meditation for various medical conditions.

Carol Krucoff, E-RYT 500, is an award-winning journalist and yoga teacher at Duke Integrative Medicine. A contributor to *Yoga Journal*, Carol is author of *Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less* and *Healing Yoga for Neck and Shoulder Pain*, as well as the home practice CD *Healing Moves Yoga*.

yogacalm.org