



# TEACHING YOGA TO SENIORS

## 20-HR ONLINE CERTIFICATE TRAINING



**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 20-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 and health educators 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.

**\$295** Includes the book & DVD, *Relax into Yoga for Seniors*

Register at [yogacalm.org](http://yogacalm.org) or [info@yogacalm.org](mailto:info@yogacalm.org)

 YogaAlliance

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

### Instructors

**Kimberly Carson**, MPH, C-IAYT, E-RYT, is a yoga therapist and health educator at OHSU and Duke Integrative Medicine. She also teaches mindfulness based stress reduction (MBSR), has coauthored studies and developed protocols using yoga and meditation for various medical conditions, and co-authored the book, *Relax into Yoga for Seniors*.

**Carol Krucoff**, C-IAYT, E-RYT, is a yoga therapist at Duke Integrative Medicine and author of several books, including *Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less*, *Healing Yoga for Neck and Shoulder Pain* and *Relax into Yoga for Seniors*.

[yogacalm.org](http://yogacalm.org)