



YOGA THERAPY FOR THE AGEING POPULATION PROFESSIONAL TRAINING

MODULE 1 TRAINING WITH MELISSA PEARSON (B.A. Psych., B.Ed., M.Ed., RYT, IAYT):

- ◆ evidence base for yoga therapy with seniors
- ◆ chronic diseases associated with ageing population and sedentary lifestyle including osteopenia & osteoporosis, sarcopenia, arthritis, fall prevention, anxiety & depression, sleep problems, cognitive functioning, caregiver fatigue, breathing problems, and more
- ◆ recommended yoga practices with modifications and contraindications for prevalent health conditions in Ageing population (asana, pranayama, meditation, mindfulness, laughter yoga)
- ◆ how to plan and guide a chair yoga practice
- ◆ spirituality (Acceptance, gratitude and compassion)
- ◆ translating research into practice (special considerations for working with this demographic and barriers/challenges to implementing yoga therapy programs for seniors)

Prerequisites: This training is open to yoga teachers, therapists and other professionals and healthcare practitioners working with seniors. A 200 hour YTT is recommended but not compulsory.

Prashamana Yoga • Seniors Yoga Canada • IHYT-Integrated Health Yoga Therapy

to register

905-664-9099
888.465.2736

location

IHYT HAMILTON
188 Green Mountain Rd E
ONTARIO CANADA

module 1 dates

November
14-15 /2015
7am-6:30pm

WEBSITE: ihyt.org

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