

## Therapeutics 1&2

This weekend will explore the physical approaches to healing with asana, the amplification of various yoga practices on the emotional and psychological bodies, and the necessity for creating, nourishing and maintaining clear teacher – student boundaries. Physically, we will break down therapeutics for the upper body: upper back, neck, shoulders, elbow, and wrists. We will delve into the psychology of yoga, yoga to ease depression and anxiety, and how to navigate projections. In addition to clarifying the physical and emotional benefits and purposes of yoga in a one-on-one setting, we will establish packages and sustainable marketing for the full spectrum of your teaching practice. Yoga Therapeutics from the inside out and the outside in!

Our guiding texts for this module will be: *Yoga Therapy*, AG Mohan, *Advanced Therapeutics of the Shoulder*

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