

FREE Sampler Class and Information Meeting

Learn About The New **Advanced Yoga Adaptations and Therapeutic Applications Intensive** (100 hour Certificate)

Saturday, December 9, 2017

1:00-3:30 pm

Instructor: Linda Troutman, C-IAYT

Fee: FREE



PREREQUISITE: This class is for yoga teachers who have completed the Prairie Yoga Adaptations, Common Conditions and Special Populations advanced training module and/or 500 hour certification from Prairie Yoga, or 500 hour certification from another yoga school with prior experience studying or working with yoga therapeutically.

FREE Sampler Class (1:00 - 2:15 pm)

How do you adapt a yoga class for different students with varying limitations and physical issues? What are the tools that can be used in a gentle yoga class setting? If you are a yoga teacher who is passionate about yoga adaptations and has a calling to work therapeutically with students, join certified yoga therapist Linda Troutman for this free class and learn how the yoga practice can be adapted using a blend of Somatic movements and therapeutic yoga.

FREE Information Meeting (2:30 - 3:30 pm)

Learn more about our new Yoga Adaptations and Therapeutic Applications Intensive (100 Hour Certificate) and meet the instructor. We will discuss the content and format of this advanced training, review the syllabus and answer your questions.



LINDA TROUTMAN, BS, C-IAYT, 500 E-RYT, has practiced Hatha Yoga for over 25 years, teaching since 2000. She is a 1000 hour Certified Yoga Therapist with Yoga North and International Soma Yoga Institute, meeting high standards by the International Association of Yoga Therapists. Linda believes that yoga meets you where you are and can be adapted for any person. Her teaching style is an eclectic, therapeutic mix of Somatics, SomaYoga, precision of alignment, and the breath-synchronized practices of Viniyoga and vinyasa. Linda is certified 500 CYT by Prairie Yoga and teaches students of all ages. She is a Certified YogaKids® teacher and has certification for working therapeutically with seniors by Duke Integrative Medicine. Linda has been dedicated to mentoring yoga teachers for many years and is a teacher trainer in the 200 & 500 hour Prairie Yoga Teacher Training programs.

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STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

_____ **Sampler Class**

_____ **Yoga Teacher Training Information Meeting**



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