

Dr. Gill Solberg

Improve Core Stability and Balance with Adaptive Yoga Therapy

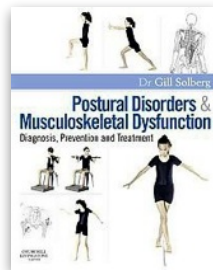
Thursday – Sunday, July 23 – 26, 2015
9:30 am – 4:30 pm (one hour lunch break)

24 Contact Hours

\$650 by Friday, June 26, 2015; \$750 thereafter

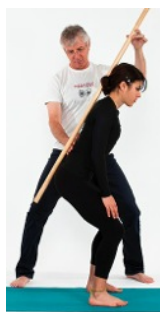
4% transaction fee added for credit card payments

Special refund policy in effect.



THE ABILITY TO BALANCE THE BODY AND STABILIZE IT IN DIFFERENT POSITIONS

is an essential condition for normal posture in stationary and dynamic positions. In order to maintain stability, the body's center of gravity must remain above its base of support. Since the ability to balance depends on many different factors, this training will cover some of the basic information needed by yoga therapists to treat core stability, balance and posture issues.



Join Dr. Gill Solberg, Clinical Kinesiologist, Postural Disorder Specialist from Israel, and author of *Postural Disorders and Musculoskeletal Dysfunction* for a comprehensive and integrative workshop using Adaptive Yoga Therapy techniques. Learn how to

expand and enrich the use of yoga asana both therapeutically and in regular activity for improving postural patterns in daily functioning.

LEARN IMPORTANT PRACTICAL TOOLS RELATED TO:

- The main causes of balance problems
- How to diagnose balance and stability difficulties
- How to diagnose common postural issues in the lower extremities
- The common therapeutic techniques we can use in our yoga practice
- The contraindications in treatment procedures

This training delves into Neuro-Anatomy issues, combined with important aspects in the kinesiology of the musculo-skeletal system. The material is organized in a way to facilitate an easy integration of the theoretical and the practical aspects of yoga therapy.

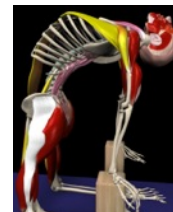
This workshop is intended for yoga teachers, yoga therapists, instructors, and professionals in fields dealing with normal or impaired human movement, enabling them to find answers to many questions that arise in their work.



Special bonus offer!

FREE SUBSCRIPTION TO YOGA FUNCTIONAL ANATOMY 3D SOFTWARE!

As part of the workshop fees, participants will receive a free 3 month subscription to Yoga Functional Anatomy (YFA), a 3D graphic software developed by Dr. Gill Solberg and Amit Gal Alon. The first of its kind in the world, YFA enables you to look under the skin and directly observe the world of anatomy, kinesiology and posture during yoga practice along with the origin of common misalignment patterns. www.functionalanatomy.net



Workshop Schedule

The training is a combination of lecture, practice, and group work. One hour lunch break provided each day.

Thursday: 9:30 am – 4:30 pm

- Short yoga practice
- Introduction to basic information needed by yoga therapists with regard to various motor and stability issues
- Neural-Anatomy issues with regard to motor control and stability
- Examination of balance issues in regard to postural patterns in daily functioning

Friday: 9:30 am – 4:30 pm

- Short yoga practice
- Indications and contraindications of postural disorders of the lower extremities in a yoga practice

- Common therapeutic techniques for foot and ankle joints in a yoga practice
- Anatomical and kinesiological aspects of the knee and hip joints
- Postural evaluation of the hip joint with muscle testing and physical examinations

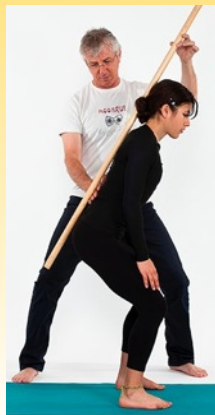
Saturday: 9:30 am – 4:30 pm

- Short Yoga practice
- General body functioning in dynamic situations including diagnosis of walking patterns and basic gait characteristics
- Neurological aspects of motor control with regard to walking disorders

Sunday: 9:30 am – 4:30 pm

- Short yoga practice
- Principles and applications in a yoga therapy program for establishing motor control and core stability
- Motor control, core stability and adapted breathing patterns in yoga
- Treatment techniques for improving posture and body awareness
- Case studies of adapted yoga therapy programs for people with various motor issues
- Indications and contraindications in treatment

Dr. Gill Solberg



DR. GILL SOLBERG has been teaching yoga since 1985. Born into the world of yoga, his mother, Rachel Solberg, is one of the first yoga teachers in Israel, founded the Yoga Teacher's Association in Israel, and is a very close disciple of Swami Venkatesananda and Sri Desikachar, son of Krishnamacharia. She opened the first yoga teacher's school in Israel.

Dr. Gill Solberg graduated from Zinman College at the Wingate Institute with a specialization in postural disorders. During his advanced studies, he specialized in clinical kinesiology and adapted physical activity for populations with special needs. Since 1994, he had been a lecturer at several academic institutions in Israel. His teachings include anatomy of the movement system, kinesiology, diagnosing and treating postural disorders, and identifying psychomotor disorders. He also conducts a private clinic that offers yoga therapy and adapted activity for movement system and postural disorders.

His book *Postural Disorders and Musculoskeletal Dysfunction* (2008) is now an academic textbook all over the world in 3 languages.

Dr. Solberg, along with his partner Amit Gal Alon, has developed a new advanced software that is the first of its kind – focusing on Yoga Functional Anatomy. www.functional-anatomy.net is meant to upgrade educational standards in the field of yoga and human movement studies.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. (VISA, MC and DISCOVER) Please make all checks payable to *Prairie Yoga*.

Returned checks subject to \$50 fee.

If you wish to pay by credit card, fill out the following (4% transaction fee will be added). You can also pay online at prairieyoga.org (click on the workshops tab and scroll to find the event) or call (630) 968-3216 to provide credit card information over the phone.

_____ **\$650 by Friday, June 26, 2015** _____ \$750 thereafter thereafter

Credit Card #: _____ Expiration: _____ 3-digit code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one month prior to the start of the event**, you may request a refund less 15%.
- For refund requests **less than one month and more than 2 weeks** prior to the start of the event, you may request a refund less 50%.
- No refunds or credits will be given for cancellations **less than two weeks** prior to the event.
- If you do not show up for an event, no refunds or credit will be given.
- **No pro-rates, credits or transfers are available for any classes/days that you are absent or unable to attend.**

We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN
YOUR SELF

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www.prairieyoga.org