Adaptive Yoga Therapy: Common Posture Disorders
Main causes, kinesiology, indications/contraindications in yoga adaptation

July 11-13, 2014
Friday: 4:00 - 9:00 p.m.
Saturday: 9:30 a.m. - 5:00 p.m.
Sunday: 9:00 a.m. - 3:30 p.m.

$300 by Friday, June 13, 2014
$345 thereafter

This course will be videotaped and participants will be asked to sign a video release form.

In this innovative workshop, modern science and classical yoga will be combined to form a cohesive approach to common postural disorders.

• How to evaluate postural problems in the sagittal plane
• What are the common kinesiological chain reactions in yoga practice?
• What are the main causes for these disorders?
• What are the contraindications in treatment?
• What are the recommended yoga asanas and needed adaptations?

The workshop delves into the anatomy and kinesiology of the locomotor/musculo-skeletal system and reviews common pathologies and postural disorders, using clinical case studies. In addition to offering ways to diagnose posture, it details therapeutic Yoga applications utilizing adapted movement for special needs. The material is based on research data underpinned by contemporary professional literature.

The material is organized in a way that facilitates an easy integration of the theoretical and the practical aspects in therapy.

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

Special bonus offer!
FREE SUBSCRIPTION TO YOGA FUNCTIONAL ANATOMY 3D SOFTWARE!
As part of the workshop’s 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

WEEKEND SCHEDULE

Friday: 4:00 - 9:00 pm
Short yoga practice
General principles of observation and touch techniques in yoga therapy to improve posture and movement patterns
Postural disorders of the spine in the sagittal plane
Theoretical background for adapted yoga therapy program for people with hyper-kyphosis: Indications and contraindications in treatment procedures

Saturday: 9:30 a.m. - 5:00 p.m.
Practical issues for adapted yoga therapy program for people with hyper-kyphosis:
• Principle of isolation to integration
• Kinesiological aspects of the vertebral column and its relationship to the pelvis and ribcage during rotation
• Principles and applications in a progressive yoga training program
Flat back versus hyper-lordosis
Postural evaluations of the spine in the sagittal plane: muscle testing and physical examinations
Yoga practice (morning and afternoon)

Sunday: 9:00 a.m. - 3:30 p.m.
Short yoga practice
Establishing motor control of core muscles: Principles and applications in a progressive yoga therapy program
Practice - core stabilization principles in yoga to improve back stability and to allow an efficient and safe transfer of loads between the upper and the lower bodies.
Putting theoretical issues into practice
• Evaluation through movement
• Therapeutic exercises for common postural problems

Sunday: 9:00 a.m. - 3:30 p.m.
Short yoga practice
Establishing motor control of core muscles: Principles and applications in a progressive yoga therapy program
Practice - core stabilization principles in yoga to improve back stability and to allow an efficient and safe transfer of loads between the upper and the lower bodies.
Putting theoretical issues into practice
• Evaluation through movement
• Therapeutic exercises for common postural problems
DR. GILL SOLBERG has been a yoga teacher since 1985. Born into the world of yoga, his mother Rachel Solberg is one of the first yoga teachers in Israel, founded the Yoga Teachers Association in Israel, and is a very close disciple of Swami Venkatesananda and Sri Desikachar, son of Krishnamacharya. She opened the first yoga teacher's school in Israel.

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

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4% transaction fee added for credit card payments.
Special refund policy in effect.

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STUDENT INFORMATION

Name

Address

City/State/Zip

Phone

Email

Did you learn about this program from Prairie Yoga or YogaU?

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.

Credit Card #: ____________________________ Expiration: _______ 3-digit code: ____________________

Signature: ____________________________ Date: ____________________________

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. 4% transaction fee will be added for credit card payments.

_____ $300 paid in full by Friday, June 13, 2014  _____ $345 paid thereafter

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.

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