



YOGA
calm

TEACHING YOGA TO SENIORS

24-HOUR CERTIFICATE TRAINING*

October 16-19, 2014 | Portland, Oregon



Seniors age 65 and older represent the fastest growing sector of the U.S. population and – like many Americans – are increasingly drawn to yoga. Yet there are few places where yoga teachers can learn practical strategies for adapting the practice to older bodies, minds and spirits. Since the elderly population will more than double to 80 million between now and the year 2050 – with nearly one-quarter expected to live to age 85 and older – it is essential to help yoga instructors learn how best to serve older students.

Earn a Certificate of Completion

Yoga Calm is offering a unique opportunity to earn a certificate of completion in Teaching Yoga to Seniors. This pioneering 24-hour program designed for registered yoga teachers (RYT-200) combines the best of modern, evidence-based medicine with the ancient wisdom, experience and tradition of Yogic teachings.

Yoga Therapists Carol Krucoff (Duke Integrative Medicine) and Kimberly Carson (OHSU) will cover health conditions common to seniors, such as heart disease, arthritis and osteoporosis. Then in special hands-on training sessions you will learn how to appropriately modify postures for safe and effective work with older adults, with emphasis on individuals new to yoga. Special issues on teaching elderly students will also be addressed, including pain management, fall prevention, spirituality and aging.

\$450 (\$520 after August 17, 2014)

Includes handbook
(A \$200 deposit will hold your spot)

Register at
www.yogacalm.org or
503.977.0944



* Training hours qualify toward
Yoga Alliance's continuing
education for existing RYT's.

Instructors

Kimberly Carson, MPH, E-RYT 200, is a yoga therapist and health educator at OHSU and Duke Integrative Medicine. Over the last 15 years, she has specialized in tailoring yoga for older adults, and students with cancer, chronic pain and heart disease. She also teaches Mindfulness Based Stress Reduction (MBSR) as developed by Jon Kabat-Zinn. She has coauthored studies and developed protocols using yoga and meditation for various medical conditions, including chronic pain and cancer.

Carol Krucoff, E-RYT 500, is a yoga therapist at Duke Integrative Medicine and a health journalist. Carol developed and taught a yoga program for seniors in the Gerofit gerontology rehabilitation program at the Durham VA Medical Center and specializes in teaching yoga to older adults and people with health challenges. Carol is also a frequent contributor to *Yoga Journal* and is author of *Healing Yoga for Neck and Shoulder Pain*.

Oct 16: 2:00 p.m. - 6:00 p.m.
Oct 17-18: 8:30 a.m. - 6:00 p.m.
Oct 19: 9:00 a.m. - 1:00 p.m.

www.yogacalm.org