

Adapting & Targeting Yoga Asana for The Individual

May 18-19, 2024

HYBRID: Self-Paced Content | In-Person Weekend

5 Koshas Yoga & Wellness



5 Koshas
yoga and wellness

Adapting & Targeting Yoga Asana for The Individual

In this course that is a part of our 300-hour Yoga Teacher Training (for RYT-500), you will:

- Learn and practice observation skills, adaptation, and sequencing to impact different areas of the body.
- Understand and experience practices with posture choices and adaptations of postures to target different areas of the body, including:
 - low back and sacrum
 - hips,
 - knees, ankles, and feet,
 - upper back, neck, shoulders, and jaws.
- Practice using assessment tools that can be used for conducting private sessions.

Who Should Consider This Course?

Any yoga teacher who is interested in learning more about teaching middle age and older populations where adaptation of asana can be essential for function and pain-free movement. This course provides essential foundations for conducting private sessions, specialized groups, and studies in Yoga Therapy. Health professionals who have an interest in yoga and want to learn more about adaptation of asana for individual structural concerns are welcome to participate.

Schedule

Self-Paced Content: There are 16 hours of pre-recorded lectures and practices that are helpful in advance of the in-person workshop, but could also be viewed at a later date. You have access to the self-paced content and archive from the weekend for 12 months.

IN-PERSON @ 5 Koshas Yoga & Wellness:

Saturday, May 18 | 8:00 am – 5:30 pm

Sunday, May 19 | 8:00 am – 4:30 pm

What's Included & Fee

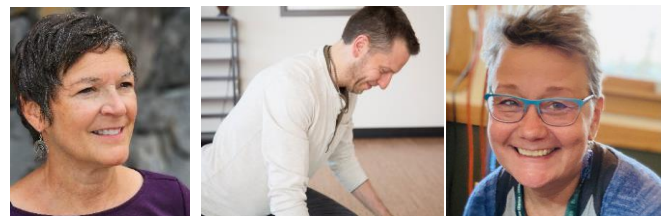
Access to all lecture & practice videos for 1-year, electronic copy of the student manual and 32 CE hours for Yoga Teachers registered with Yoga Alliance or Hours toward 300 hr. TT.

Course Fee: 10% discount, \$480 by May 3, 2024
Use discount code ASANATEACH, \$525 after May 3, 2024. Limited spaces available.

Register: <https://5koshasyoga.punchpass.com/pages/200318?check=1712682401>

Faculty

Mary Hilliker, RDN, E-RYT 500, C-IAYT, Andrew Beaumont, MD, PhD, C-IAYT, RYT-500, Mary Kluz, MS, RYT-500



Program Contact

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