

Piedmont Yoga Community is Pleased to Present:

TEACHING YOGA TO PEOPLE WITH DISABILITIES:

A Workshop For Teachers and Caregivers

with JoAnn Lyons

Friday through Sunday, September 10 - 12 & 26, 2010

Friday, Sept. 10 - 1:30 to 4:30 p.m. at the Cerebral Palsy Center

Saturday, Sept. 11 - 9:30 to 12:00 noon & 1:00 to 5:00 p.m. at CPC

Sunday, Sept. 12 - 9:30 to 12:00 noon at CPC & 1:15 to 4:15 p.m. at PYS

Sunday, Sept. 26 - 1:15 to 4:15 p.m. Practice Class at PYS

How do you feel about teaching yoga to someone in a wheelchair, or as a caregiver, suggesting yoga to your client? What will you say when a potential student calls and says, "I have a broken leg / Multiple Sclerosis / Cerebral Palsy / (fill in the blank), can I come to your yoga class?" This workshop will not only help you answer that question, it will also offer you a different way of approaching your own practice and teaching.



JoAnn and Melissa Crisp

JoAnn Lyons has been teaching yoga to the Bay Area disability community since 1996. She started her journey teaching one class at the Cerebral Palsy Center in Oakland, California. It quickly became apparent to JoAnn that this was an area of yoga teaching that had not been well explored and that each class required not just one teacher, but a team of teachers, assistants and volunteers who were well trained in yoga and ready to meet the challenge of adapting yoga poses to the needs of students with different abilities. So began workshops on Teaching Yoga to People with Disabilities and Special Needs.

Today there are three classes at the Cerebral Palsy Center in addition to public classes for people with disabilities and special needs at Piedmont Yoga Studio. Ageing Baby Boomers with chronic conditions such as Parkinson's, Disease Rheumatoid Arthritis, Multiple Sclerosis, disabled vets returning home, – this work is becoming more relevant every day! Working with students with disabilities and hearing their stories will bring a new dimension to your teaching as well as prepare you to adjust your teaching to meet the specific needs of everyone who walks or rolls into your yoga class.

Join JoAnn at this four-day workshop where we will:

- Explore the use of props to set up students in various asanas
- Discuss and work with the various effects and manifestations of disability
- Learn the language of disability
- Observe a yoga class at the Cerebral Palsy Center with JoAnn's students
- Consider sequencing in classes for people with varying needs
- Discuss contraindications and alternatives
- Examine the needs and responsibilities of teaching and assisting
- Practice teaching with JoAnn's students at Piedmont Yoga Studio

This workshop will open you to the possibilities of these students whom many see as people who "can't" and help you see that, well, yes, they "can!"

Pre-requisites: Two-year continuous practice, plus completion of a basic teacher training program, or if a caregiver a basic knowledge of yoga, that includes anatomy and kinesiology.

Certification: Upon satisfactory completion of all course-work you will receive a Certificate of Completion.

Registration: Teaching Yoga to People with Disabilities with JoAnn Lyons

Fee: \$395

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail address: _____

Please make checks payable to Piedmont Yoga Community and mail checks and Registration form to: Piedmont Yoga Community, 575 Dutton Avenue, San Leandro, CA 94577 or sign up online at www.piedmontyogacommunity.org