

Healing Waters & Learning Partners
present:
Introducing Yoga into your Work:
Yoga & Meditation 101



****Learn how you can use tools from these practices to reduce stress in YOURSELF, YOUR STUDENTS, YOUR PATIENTS, and others******

Audience: Health & Wellness Professionals, Social Workers, School Teachers, Speech Therapists, Group & Activity leaders

Wednesdays: July 14 and July 21, 2010, 7:00- 9:00pm.

The course will be held at
HEALING WATERS, CENTER FOR YOGA, HEALTH AND MINDFUL LIVING
542 Quaker Rd., East Aurora, NY 14052
(20 minutes from downtown Buffalo and the Northtowns)

Fee: \$ 70 (includes a certificate of attendance).

For **Continuing Education Units (CEUs)**: additional \$25 fee: earn .4 IACET CEUs; OTs earn .5 IACET PDUs; PTs/PTAs earn .58 NYS Approved PT CEUs; Athletic trainers earn 5 BOC Category D CEUs.

*****REGISTER EARLY: Limited to 12 participants*****

Course Description:

This course introduces the participant to the basic techniques of Yoga posture, deep breathing, and mindfulness meditation to reduce stress for yourself and those we work with. The participant will gain an understanding of the benefits of Yoga and Meditation. The course will introduce the participant to the complex and diverse world of yoga and the variety of teaching and presentations of yoga and meditation in the western culture.

Level: This is an introductory, basic-level course, no previous yoga needed. Postures can be adjusted to specific health conditions.

Please wear comfortable clothing

Objectives:

1. Demonstrate appropriate basic techniques for yoga, deep breathing & mindfulness meditation;
2. Understand how yoga, deep breathing & mindfulness mediation can reduce stress in yourself & your clients/patients/students/group members;
3. Learn and demonstrate the 9 Yoga posture sequence;
4. Apply teaching principles for leading the 9 Yoga posture sequence to your clients/patients/students/group members;
5. Understand how the 9 Yoga posture sequence cultivates balance, perceptual awareness and elemental awareness;
6. Understand which kind of Yoga practice is helpful in various individuals and groups

Assessment of Learning: active participation and discussion, hands-on learning, and ** short competency test for those earning CEU credits

Materials: handouts, 9 posture yoga booklet, mats, & meditational pillows will be provided

Program:

July 14:

- Overview on Yoga and Mindfulness Meditation: its history and its place in today's western world.
- Basics for mediation.
- The 9 sequence posture
- The importance of a personal practice
- Question and answer period

July 21

- Discussion on home exercises.
- Review of Meditation Instruction
- Review on 9 posture sequence
- How do we apply these practices into our worklife/practice
- Lecture and Discussion period



About the Speaker/ Instructor: Felicitas Kusch-Lango is a 500 RYT Yoga teacher, Yoga therapist and the founding director and owner of Healing Waters (founded in 1997). She has been teaching group Yoga classes and individual therapeutic Yoga classes full time for over a decade. Certified as a Yoga teacher by the Sivananda Vedanta organization since 1994 and as an advanced Yoga Teacher since 1998, Felicitas has, over the last decade, steadily continued her education in the field of Mindfulness Meditation (Jon Kabatt Zinn), Yoga and Movement therapies, earning a Yoga Therapist certification with the Phoenix school of Movement (1998), completing the foundation year in Psychosynthesis at the Institute in Psychosynthesis, UK (1995) and extensively studying and practicing Continuum, Yin Yoga, and Meditation and in the last few years Shambhala Buddhism. She taught the HW 9 month Yoga teacher training in 2007 and teaches workshops and facilitates retreats in Yoga related subjects. She has developed a unique Stress reduction program that she offers on a regular basis at Healing Waters and at other settings.

Learning Partners: CEU/PDU Provider

Learning Partners has been approved as an Authorized Provider by the **International Association for Continuing Education and Training (IACET)**, 1760 Old Meadow Road, Suite 500, McLean, VA 22102. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET Standards which are widely recognized as standards of good practice internationally. As a result of their Authorized Provider membership status, Learning Partners is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET Standards. NBCOT recognizes IACET CEUs for recertification of occupational therapists and occupational therapy assistants. NBCOT, APTA, AOTA, and ASHA recognize the IACET CEU attainment for verification of continuing education and training [1 contact hour =1 PDU]. Learning Partners is recognized by the **New York State Education Department's State Board for Physical Therapy** as an approved provider of physical therapy and physical therapist assistant continuing education. Learning Partners is recognized by the **Board of Certification, Inc.** to offer continuing education for **Certified Athletic Trainers**.



Cancellation Policy:

Learning Partners reserves the right to cancel a class/session if enrollment is insufficient; if so, learners will receive a full refund. If the learner cancels attendance at a workshop, the learner **MUST** notify Learning Partners via email or phone. If the cancellation is 10 days or more before event, a refund will be made minus 10%. If notification is less than 10 days before the course, no refunds will be made.

Registration: Register online at www.learningpartners2.com or fill out the following information and mail check to:

Learning Partners, 14 Pine Court North, W. Seneca, NY 14224

Please register me for: Introducing Yoga into your Work

Name: _____ Profession: _____ Worksite: _____

Email: _____ Home Address: _____ Phone: _____

REGISTRATION DEADLINE JULY 7, 2010

Questions: Contact Learning Partners at info@learningpartners2.com or call 716-807-2289. Visit us online at www.learningpartners2.com OR Healing Waters at CenterAtHealing@aol.com, or call 655-3924