



Therapeutic Yoga Teacher Training

with Caren Strait, RYT 500, E-RYT 200

The 60+ Hour Certificate of Specialized Training in Therapeutic Yoga includes:

Therapeutic Workshop Series

The Yoga for Special Groups workshops focus on the special skills needed by yoga teachers when working with students' physical problems, teaching Gentle Yoga or private clients with or without disabilities.

Therapeutic Yoga: Upper Extremities

Saturday January 26, 2014, 9:00 – 2:00 pm \$85

Therapeutic Yoga: Head & Neck

Sunday Feb. 16, 2014, 9:00 – 2:00 pm \$85

Therapeutic Yoga: Endocrine System

Saturday Mar.30, 2014, 9:00 – 2:00 pm \$85

Therapeutic Yoga: Osteoporosis/Spine

Sunday May 18, 2014, 9:00 – 2:00 pm \$85

Teaching Gentle Yoga

Sunday June 29, 2014, 9:00 – 2:00 pm \$85

Therapeutic Yoga: Lower Extremities

Sunday Aug. 3, 2014, 9:00 – 2:00 pm \$85

Therapeutic Yoga: Cardio Pulmonary

Sunday Oct. 12, 2014, 9:00 – 2:00 pm \$85

Yoga Gets Personal: Teaching Private Lessons

Sunday Nov. 2, 2014, 9:00 – 5:00 pm \$120

Apprenticeship with Caren

12 hours of apprenticeship, \$140

1 group & 2 private mentoring meetings, \$80

For additional apprenticing and one on one mentoring, prices vary, please contact Caren Strait.
carenstrait@earthlink.com

Take your training a step further and reach out to clients who really need the help of an "above average" instructor.

Call 458-8088 to register!



Therapeutic Yoga is a collection of restorative and gentle yoga practices, breath work, guided meditation, and hands-on techniques carefully designed to complement medical care for individuals recovering from injuries and illness. It also addresses special needs related to aging. Therapeutic Yoga is a gentle, effective and comforting approach to exercise for individuals who are limited in their ability to move.



Caren Strait, RYT 500, E-RYT 200, specializes in teaching yoga students with physical challenges in group and private settings. She has led instructor training and continuing education workshops for group fitness instructors, personal trainers, and now yoga teachers. Caren is a Registered Yoga Teacher (RYT 500), Certified Fitness Instructor, Personal Trainer, Reiki Practitioner, Cancer Exercise Specialist, and LifeForce® Yoga Practitioner.