

TEACHING YOGA TO SENIORS - 20 HOUR TEACHER TRAINING

MONDAY EVENINGS, 6:30PM-9:00PM

JANUARY 10TH - FEBRUARY 21ST (6 ACTIVE WEEKS)

PLUS 5 HOURS OF TEACHING PRACTICUM (FLEXIBLY SCHEDULED)

With Margot Stokreef, *Yoga Therapist, Teacher Trainer and devoted Yoga for Seniors (YFS) Teacher.*

This training promises to be an innovative and interactive opportunity! The YFS Teacher Training will be conducted through Livestream on Zoom.

SUITABLE FOR:

- YOGA TEACHERS
- TEACHERS IN TRAINING
- PROFESSIONALS WORKING WITH SENIORS

THIS TRAINING WILL INCLUDE:

- An in depth overview of major health challenges seniors face, and how Yoga can help with:
 - Cardiovascular Disease
 - Arthritis
 - Osteoporosis
 - Degenerative Disc Disease
 - Dementia/Alzheimers
 - Joint Replacement
 - Lung Disease
- Instruction in Modification of Postures to Accommodate Older Adults in All Levels, Chair Yoga, and Therapeutic Classes
- Examination of Scientific Research and Data
- Study of Spiritual Practices that Support a Senior Population
- Understanding and unlearning Ageism
- Marketing to Seniors
- Group Participation and Hands-on Learning

SCHEDULE:

Monday January 10th, 6:30pm-9:00pm
Monday January 17th, 6:30pm-9:00pm
Monday January 24th, 6:30pm-9:00pm
Monday January 31st, 6:30pm-9:00pm
Monday February 7th, 6:30pm-9:00pm
Monday February 21st, 6:30pm-9:00pm

Plus Individually Scheduled Teaching Practicums and Class Observation

“This training was invaluable. Learning to teach Yoga for Seniors with Margot is about safely practicing Yoga Asanas, and so much more - it is about learning how to compassionately and sensitively work with Seniors to build trust, empower them with mobility, promote cognitive flexibility, and reconnect with community.” SPRING 2021 PARTICIPANT

A TEACHING CERTIFICATE will be awarded to Yoga Teachers and Teachers in Training upon completion of this 20 hour program. A CERTIFICATE OF PARTICIPATION issued to Professionals who work with Seniors.

“Margot is the best teacher I have had in my whole life! She kept us together through the whole pandemic.” 2020 Graduate

“I liked the way Margot cultivated a community within the trainee group, and was always there, ready to support us.” 2020 Graduate

This course is eligible for Yoga Alliance continuing education hours.

REGISTRATION

This Training Sells Out. Early registration highly recommended.

Reserve your spot with a deposit - payable online at margotstokreefyoga.com or by e-transfer to margotcstokreef@gmail.com

Registration Deposit\$75.00
Total cost of 20 hr training \$420 + hst