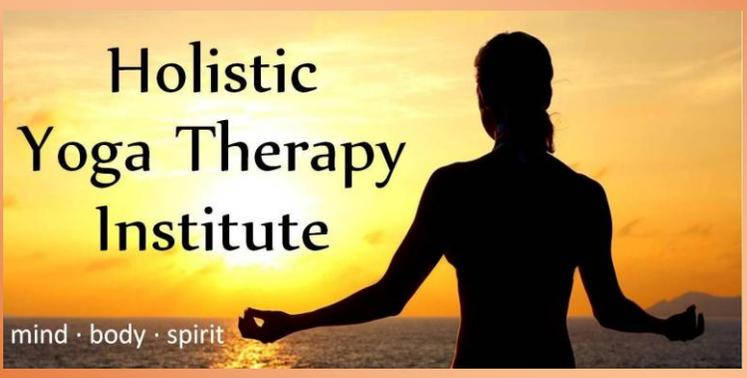




Yoga as Holistic Healing for Medical Conditions Part I



With Chrys Kub, E-RYT 500, CYT
Licensed Physical Therapist

Yoga As Medicine ~ Holistic Healing

City: Chattanooga, TN

Dates: Friday April 25 -
Sunday April 27

Times: 6 pm - 9 pm Friday
9 am -6 pm Sat & Sun

Cost: \$275 thru Feb 25
\$300 thru March 25
\$325 after April 20

Where: ClearSpring Yoga
105 N. Market Street
Chattanooga, TN

Info: www.yogaclub.us
(Under Teacher Training)

22 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certifications, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

- Within this immersion we will explore:
- * Foundational knowledge of various medical Conditions including Anxiety/Depression, Heart Disease, Chronic Pain Syndromes Including Fibromyalgia, Arthritis, Chronic Musculoskeletal Pain & Neuropathic Pain
 - * Neuro-emotional Web / Relation to Disease
 - * 8 Step Wellness Plan / Tools of Yoga
 - * Breathing / Pranayama in Healing
 - * Rest & Renew: Yoga Nidra & Progressive Relaxation Techniques
 - * Asana Prescription/Sequencing/Precautions
 - * Healing Affects of the Mind-Body Connection