**Iyengar Yoga Champaign Urbana**

**14th International Iyengar Yoga Therapy Intensive**

***with* Lois Steinberg, Ph.D., CIYT 4, C-IAYT**

**407 W Springfield AVE, Urbana, Illinois 61801**

**Saturday September 21 - Friday September 27, 2024**

**Fee: $500\* 217-344-9642** **info@yoga-cu.com**

**\****14-day cancellation notice required for refund, less $25 handling fee. No refunds after.*

**Hours: 40**

**Course Description:** The Therapy Intensive is a week-long workshop designed to give Certified Iyengar Teachers (CIYTs) experience with facilitating therapeutic yoga sessions for student subjects with health conditions that prevent them from attending a regular class. The student subjects are given a week of individualized attention by a team of CIYTs, supervised by Lois and her staff. We collect data throughout this process by assessing real time effects.

You will be working with a group of two other CIYTs and each group will be assigned one student subject. Some groups may have two student subjects. CIYTs can recommend their students as a subject for therapy class. You'll be emailed your student's intake assessment responses and photos of them a week before the Intensive begins to review this information and begin to outline some suggestions for their therapeutic sequence. On Saturday September 21, you'll conduct your intake assessment interview with your group and student subject. At the conclusion of the interview, you'll meet with your group to finalize the first draft of your therapeutic sequence and upload the sequence into your student's Google Drive folder. On Sunday, the first therapy session with student subjects begins.

Throughout the week, you'll meet with your group and student each day. Students will be given a survey to fill out before and after each session to measure their condition prior to the practice and their response after. Use their pre/post therapy surveys to modify the sequence as needed. At the end of each day, please upload the version of the therapeutic sequence your student practiced onto their Google Drive folder. Lois will review these sequences and make suggestions as needed.

You'll see from the syllabus there are Preparations and Recap sessions scheduled where you can ask questions of Lois and the other advisor teachers. There are also educational sessions on Anatomy (with Hermann Traitteur) and the Low Back (Lois Steinberg).

This year, we are requiring teacher groups to submit a case study for their student, due one month after the course is completed (due: October 27.) This means that each day you'll need someone in the group to be taking notes and photos of your student in their poses. If you repeat a pose with the same setup as the previous days, you don't need to take a new photo each day. Before the Intensive begins, we will send out guidelines for writing the case study, including sample case studies.

**Prerequisites:** Asana Adaptations Workshop 101 and 201. Proficiency in English. Priority is given to CIYTs who have studied with Lois and/or have taken Stephanie Quirk’s therapy courses. Thirty-nine CIYTs will be accepted. Attendance at all therapy sessions and the Women’s Essentials is required. Optional attendance in Lois’ pranayama and asana classes.

**Saturday, 21 September**

**9:45-11:15am** **Intermediate 1.** Optional.

**11:30am – 12:00pm Introductions** Lois will review group and team leader’s roles and logistics of room use.

**1:30 – 3:00 pm Assessment Intake/Case Study Guidance** The groups will meet to discuss their assigned case and develop practice ideas based on the pre-survey questionnaire and submitted photos of the student subjects’ relaxed standing positions.

**3:00 – 5:30 pm Student Subject Interviews.** The student subjects will arrive between 3– 4pm. After the interview your group will continue to meet to finalize a sequence, including optional poses that may be added as the week progresses. Lois will review with the teachers how to conduct their sequences throughout the week.

**Sunday, 22 September**

7:30 – 9:00 am Open practice time.

9:00 – 10:15 am Preparations for therapy class.

10:30 am – 12:30 pm Therapy Class with Student Subjects.

12:30 – 1:00 pm Re-cap session of therapy with student subjects.

3:00 – 5:00 pm Anatomy/Physiology with Hermann Traitteur.

(time for Q&A)

**Monday, 23 September**

7:00 – 8:00 am Pranayama class.

8:00 – 9:45 am Asana self-practice.

10:00am – 12:00 pm Preparations for therapy class.

12:00pm – 1:30 pm Therapy Class with Student Subjects.

3:00 – 5:00 pm Re-cap of session with Student Subjects.

**Tuesday, 24 September**

7:00 – 9:00 am Asana self-practice.

9:00 – 11:45 am Preparations for therapy class.

12:00 – 1:30 pm Therapy Class with Student Subjects.

3:00 – 4:30 pm Re-cap of session with Student Subjects.

5:15 – 7:15 pm Advanced Asana Class.

**Wednesday, 25 September**

7:00 – 8:45 am Asana self-practice.

9:15 – 10:45 am Women’s Asana Class. Required.

11:15 – 11:45 am Preparations for therapy class.

12:00 – 1:30pm Therapy Class with Student Subjects.

3:00 – 4:00pm Re-cap of session with Student Subjects.

4:00 – 5:00pm Low Back Anatomy with Hermann Traitteur.

5:00 – 5:30 pm Low Back Course Part 1.

**Thursday, 26 September**

**9**:00 – 11:45am Low Back Course Part 2.

12:00 – 1:30pm Therapy Class with Student Subjects.

1:30 – 2:00pm Re-cap of session with Student Subjects.

5:15 – 7:15pm Level 3 Apprentice Teacher Asana Class.

**Friday, 27 September**

9:00 – 11:45am Asana Self Practice

12:00 – 1:30pm Therapy Class with Student Subjects

1:30 – 2:00pm Re-cap of session with Student Subjects

3:00pm – ? Gather at Lois’ for sharing food (Lois will provide pizza).