**Iyengar Yoga Champaign Urbana**

**7th Annual International Iyengar Yoga Therapy Intensive**

**for CIYTs (36 CEs) *with* Lois Steinberg, Ph.D.**

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

**Saturday September 23 through Friday September 29 2017**

**Fee: $450 217-344-9642 www.yoga-cu.com**

**Focus: Emotional Well Being *and* Neck/Shoulder variations from all the poses on the Introductory I/II and Intermediate Junior 1 Syllabi**

***Priority is given to CIYTs with previous/study with Lois, Stephanie Quirk’s therapy course, and/or seasoned practitioners/CIYTs. Those who would like to be student subjects for the teachers to conduct interviews and therapy sequences may contact Lois at info@yoga-cu.com. CIYTs may also attend the full course and be student subjects. Schedule changes will be announced.***

**Saturday, 23 September**

**9:45-11:15am** **Intermediate 1 Asana class with Lois**.

**1:30-6:30pm Introductions and Interviews.** Teachers will be assigned to work in groups of three. The group will be assigned one to three therapy student(s) to interview. The student subjects will arrive between 3 – 4pm. Lois will review with the teachers how to conduct their sequences throughout the week.

**Sunday, 24 September**

**8:30-10:15 am** **First pose prop set-ups.**

**10:30 – 12:30am** **Therapy Class with Student Subjects.** Conduct your student(s) sequence.

**3:00-5:00pm Emotional Health.**

**5:00-6:000pm Neck/Shoulder Anatomy/Physiology with Hermann Traitteur, MD, CIYT from Berlin, Germany**

**Monday, 25 September**

**8:00-9:45am**  **Asana self practice.**

**10:00am- 12:00pm** **Neck/Shoulder Healing Course Weeks 1 & 2.** CIYTs will be assigned to assist or be students.

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

**5:00-7:15pm** **Neck/Shoulder Healing Class Weeks 3 & 4 .** CIYTs will be assigned to assist or be students.

**Tuesday, 26 September**

**7:00-9:00am Asana self practice.**

**9:00-11:45m Emotional Health.**

**Noon-1:30pm** **Therapy Class with Student Subjects.**

**5:15-7:15pm Lois’ Advanced Asana Class.**

**Wednesday, 27 September**

**7:00-8:45am Asana self practice.**

**9:15-10:45am** **Women’s Asana Class.** Attend.

**11:00am-12:00pm Neck/Shoulder Back Anatomy/Physiology.**

**3:00-5:00pm Neck/Shoulder Variations Introductory 1/2 Syllabi.**

**5:30-7:00pm Therapy Class with Student Subjects.**

**Thursday, 28 September**

**9:00-11:45am Neck and Shoulder Variations Introductory 1/2 Syllabi.**

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

**5:15-7:15pm** **Lois’ Intermediate 3 Asana Class.**

**Friday, 29 September**

**9:00-11:45am Asana Self Practice**

**12:00-1:30pm** **Therapy Class with Student Subjects**

**3:00pm - ? Gather at Lois’ for sharing food**

*7-day cancellation notice required for refund, less a $20 handling fee*

**Registration Form**  **7tth  International Iyengar Yoga Therapy Intensive**

**Saturday 23-29 September, 2017**

Name e-mail ­­\_\_\_\_\_\_

Address­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_ **Amount enclosed $\_\_\_\_\_\_\_\_\_\_**

**Circle Certification Level:**