**CIYT Therapy Education**

**Iyengar Yoga Adaptations 201**

**Categories of Poses**

***with Lois Steinberg***

***Online!***

**Sundays 10:30 AM - 1:30 PM Chicago Time**

**with Lois Steinberg**

Part 1: **Jan 22, 2023** Supine, Seated, Reclined, & Inverted Poses

Part 2: **Feb 26, 2023** Standing Poses

Part 3: **Mar 26, 2023** Twists & Forward Bends

Part 4: **Apr 30, 2023** Backbends & Pranayama

Part 5: **May 28, 2023** Intake Assessment, How to Think About Arranging Poses & more, Q&A

**Prerequisite:** CIYT or letter of recommendation from your mentor proving intent to assess.

**Props:** Teachers are encouraged to work together in equipped studios. Working individually at home is most welcome. All props and home furniture (your kitchen counter can be a trestle) on deck!

**Fee:** $200; includes link to recordings for four weeks following each class. No refunds. *CIYTs doing the course together must register individually.*

**Course Objective:** Certified Iyengar Yoga Teachers, or students mentoring with a CIYT, will learn how categories of poses are adapted and used for specific ailments and diseases in Parts 1-4. Hands-on adjusting and verbal corrections will be included. Part 5 will deal with how to personalize a practice for a yoga therapy student. The Iyengar Yoga Pre-Survey Questionnaire, validated by NIH (National Institute of Health), as well as pre- and post-session forms will be provided to every teacher. How to use the survey to conduct a student interview and session forms to assess the student before and after their practice will be reviewed. Lois and assistant teachers will monitor, observe, and advise the participant teachers.

**Credits:** 15 hours CE for IYNAUS therapy education; APD approval pending for IAYT.

**Apply at:** loissteinberg.com/workshops

**Send inquiries to:** info@yoga-cu.com