



Yoga Therapy

For the Structural System

17-22 May 2018

Govinda Valley, NSW

An in-depth exploration of the musculoskeletal system to address structural imbalance, movement restriction, injury and pain.

with Sherry Brouman,

PT, E-RYT-500, C_IAYT, Yoga Therapist & Physical Therapist

This is a fantastic opportunity to take your teaching to the next level, deepen your understanding of the body and of the anatomy of yoga. This course is designed for Kundalini Yoga Teachers, Yoga Teachers and Yoga Therapists of all traditions to create a more in depth understanding of the exoskeleton and it's soft tissues so that common injuries and ailments can be addressed confidently.

Course Aims:

- Understand various contributors to musculoskeletal discomfort, injuries and pain highlighting individual manner of breath and movement habits;
- Appreciate the different roles of the soft tissues: muscles, tendons, ligaments, fascia and cartilage in movement and musculoskeletal function and dysfunction;
- Assess clients structurally to create treatment protocols and sequencing for pain reduction and body balance;
- Feel comfortable articulating what you see in bodies as a means of helping clients dismantle movement obstructions.

Open to all Teachers. This is a rare opportunity to complete this course no matter where you are in your Yoga Therapy training. Don't miss out!

Early Early Bird Investment: \$1,250 : General Investment: \$1,500

*KYTANZ \$50 member discount & Early Early bird - deposit of \$400 by 1st Nov.

Prices include all meals, accommodation and texts. This course earns you 45CEU credits.



Contact: Randeep Kaur: 0414 898 262 : jaye@essenture.com.au





Yoga Therapy: For the Structural System with Sherry Brouman (US)

Sherry Brouman:

A physical therapist for 44 years and Yoga Teacher, Trainer and Therapist for over 15 years, Sherry Brouman, PT, E-RYT 500, C-IAYT, authored 'Walk Yourself Well' a groundbreaking book on gait therapy and has her new book, 'Using Yoga Therapeutically' underway. Using her in-depth structural understanding as the base, and movement fluidity as the mission, Sherry offers innovative and integrative tools for her students and clients. Sherry is founder of Tensegrity Center for Yoga Therapy, continues her physical therapy practice and teaches seminars internationally. This is the most comprehensive course, fully demystifying anatomy and alignment. It is a process of first recognising and then thinking through anatomy as it moves through the postures and on to using yoga therapeutically.

Course Credits:

Yoga Therapy for the Structural System is part of the 1,000 hour International Kundalini Yoga Therapy Professional Training which is accredited by the International Association of Yoga Therapists. This is the first time this course is being offered in Australia and the only opportunity to participate in it without being enrolled in the full course. Yoga Teachers from all traditions will benefit from this fundamental workshop that puts anatomy in motion.

Pre course requirements:

It is required that you read the listed books, below, before attending the course. To ensure that you are to participant thoroughly in the course, we recommend you have command of the material in these two books:

- Key Muscles of Hatha Yoga by Ray Long, MD
- Walk Yourself Well by Sherry Brouman, PT and Yoga Therapist

Note: If there is interest we can help to organise a study group &/or session.

Venue:

The training will be held at Govinda Valley Retreat set in the most spectacular natural surroundings. The centre is nestled amongst lush bushland but it is also very accessible, being only one hour from the centre of Sydney. There is a regular train from the inner city to nearby Otford Station. We can arrange transportation from the station to the retreat if need be. Interstate and overseas participants are welcomed and will be assisted in any way we can.