

# TEACHING YOGA TO PEOPLE WITH DISABILITIES

A Workshop For Teachers and Caregivers with JoAnn Lyons

Sponsored by Piedmont Yoga Community



**Friday - Sunday, March 20, 21, 22 2020**

This may be your last opportunity for this workshop.

Fri., 3/20 - 1:30 to 5:30

Sat., 3/21 - 9:30 to 12:00 and 1:00 to 5:30 p.m.

Sun., 3/22 - 9:30 to 12:00 all at Ability Now

Sun., 1:00 to 5:30 p.m. at Nest Yoga, Piedmont

**Fee: \$355 (\$100 non-refundable deposit) before 2/28/20; \$395 thereafter**

**Register online:** [www.piedmontyogacommunity.org](http://www.piedmontyogacommunity.org)

- Explore the use of props to set up students in asanas.
- Discuss and work with the various effects and manifestations of disability.
- Learn the language of disability.
- Discuss contraindications and alternatives.
- Consider sequencing in classes for people with varying needs.
- Examine the need and responsibilities of teaching and assisting.
- Observe and practice teaching a yoga class with JoAnn's students.

How do you feel about teaching yoga to someone in a wheelchair, or as a caregiver, suggesting yoga to your client? What will you say when a potential student calls and says, "I have a broken leg / Multiple Sclerosis / Cerebral Palsy / (fill in the blank), can I come to your yoga class?" This workshop will not only help you answer that question, it will also offer you a different way of approaching your own practice and teaching.



*JoAnn Lyons has been teaching yoga to the Bay Area disability community since 1996. She started her journey teaching one class at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California. It quickly became apparent to her that this was an area of yoga teaching that had not been well explored and that each class required not just one teacher, but a team of teachers, assistants and volunteers who were well trained in yoga and ready to meet the challenge of adapting yoga poses to the needs of students with different abilities. So began workshops on Teaching Yoga to People with Disabilities and Chronic Conditions.*

*Today there are classes at Ability Now Bay Area, Clausen House and public classes for people with disabilities and special needs at Nest Yoga, on Piedmont Ave. in Oakland. Ageing Baby Boomers with chronic conditions such as Parkinson's Disease, Rheumatoid Arthritis, Multiple Sclerosis, disabled veterans returning home – this work is becoming more important every day! Working with students with disabilities and hearing their stories will bring a new dimension to your teaching as well as prepare you to adjust your teaching to meet the special needs of everyone who walks or rolls into your yoga class. This workshop will open you to the potential of these students many see as people who "can't" and help you see that, well, yes, they "can."*

**Pre-requisites:** Two year continuous practice, plus completion of a basic teacher training program, or if a caregiver, a basic knowledge of yoga, that includes anatomy and kinesiology.

**Certification:** Upon satisfactory completion of all course work you will receive a Certificate of Completion.

**Extra Credit:** After completion of the workshop, internships will be available for further credit. Please contact JoAnn for information at [joannlyonsyoga@aol.com](mailto:joannlyonsyoga@aol.com).

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Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Please make checks payable to Piedmont Yoga Community and mail to: Piedmont Yoga Community, 575 Dutton Ave, San Leandro, CA 94577.