

Rachel Krentzman

Yoga For A Happy Back: Weekend Immersion

January 26-28, 2018

Friday, 6:00 - 9:00 pm

Saturday - Sunday,

10:30 am - 5:30 pm

(with one hour break)

15 contact hours

\$395 by Friday, Dec. 29, 2017;

\$450 thereafter

4.5% added for credit card transactions.

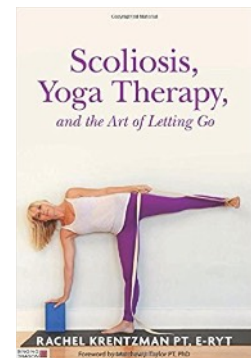
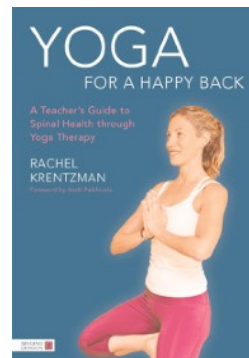
Special refund policy for this event. See back of flyer.



THE YOGA FOR A HAPPY BACK

IMMERSION will offer, through both lecture and experiential practice, tools to build Yoga programs tailored to the needs of individuals and groups with back pain. Participants will emerge with skills to prevent and heal injuries by creating safe Yoga programs that include modifications, adjustments, use of props and specific therapeutic sequences.

The Yoga for a Happy Back training will cover the functional anatomy and biomechanics of the lumbar and thoracic spine, sacrum, pelvis and hips and how it relates to posture and movement. Participants will learn specific therapeutic sequences for conditions including sciatica, disc herniations, spinal stenosis, scoliosis, spondylolisthesis, degenerative disc disease and sacroiliac joint dysfunction as well as be able to identify improper movement and alignment and how those relate to pain and injury. Students of Yoga will learn how to practice safely to support their own spine and Yoga teachers will come away with new ideas for group classes and private sessions, with the aim of preventing and helping their students heal from back pain.



RACHEL KRENTZMAN PT, E-RYT, C-IAYT founded and directs Embody Physical Therapy and Yoga in San Diego and organizes Yoga In Medicine Conferences for the UCSD Center for Integrative Medicine. Her book *Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy* was published in May of 2016, and her second book *Scoliosis, Yoga Therapy and The Art of Letting Go* was released in September 2016. A graduate of McGill University, Rachel completed her 2,000-hour teacher training with Aadil Palkhivala at the College of Purna Yoga (Yes, two thousand hours!) and has studied intensively with Judith Hanson Lasater. Rachel has integrated yoga into her clinical physical therapy practice since 2002. She lives in Ra'anana, Israel with her two sons.

Rachel Krentzman

Yoga For A Happy Back: Weekend Immersion

January 26-28, 2018

Friday, 6:00 - 9:00 pm

Saturday - Sunday, 10:30 am - 5:30 pm (with one hour break)

15 contact hours

\$395 by Friday, December 29, 2017; \$450 thereafter

4.5% added for credit card transactions. Special refund policy for this event.

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$395 by Friday, December 29, 2017;** _____ \$450 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

SPECIAL REFUND POLICY IN EFFECT

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support and understanding.

- **For refund requests 30 days in advance or more** students will be charged a 15% administrative fee.
- **No refunds or credits will be given less than 30 calendar days in advance.**
- If you do not attend any part of the event, no pro-rating, refunds or credit will be given.
- Students may transfer their registration to another student and notify host in advance.



4701 Auvergne Avenue, Suite 104, Lisle, IL 60532
(630) 968-3216 prairieyoga@comcast.net
www.prairieyoga.org