



ST. OUEN, JERSEY
november 23-25_2019

ACCESSIBLE YOGA TRAINING with Alessandra Uma Cocchi

Learn how to make the Yoga teachings available to everyone, regardless of their level of physical ability. We'll focus on creating Integrated Accessible Yoga classes where all students can practice together, and we'll explore the many ways yoga practice can be modified to suit students with disabilities, physical challenges, as well as seniors. Learn how to make your classes **inclusive** and **empowering**, and to serve all your students **equally**.



Accessible Yoga is not a yoga style, but an approach and a methodology applicable to any yoga style. Curriculum includes a preliminary online portion (9 hours) and an in-person 21-hour training.

Covered topics:

- Adapted Asana
- Yoga Anatomy and Physiology
- Yoga Philosophy and Psychology
- Chair Yoga
- Bed Yoga
- Mixed-Level Classes
- Yoga for Special Populations
- Pranayama & Meditation
- Building Community

30 Yoga Alliance CEU's

Graduates become Accessible Yoga Ambassadors and join a world-wide network of yogis changing the way yoga is practiced.

The training is the original version of the Accessible Yoga Training founded by Jivana Heyman. It is led by Alessandra Uma Cocchi, Accessible Yoga trainer and Yoga Therapist (C-IAYT).

LOCATION

St. Ouen Youth and Community Centre
La Grande Route de St. Ouen
St. Ouen, Jersey JE3 2DA

TIMES

9:30am
5:30pm

TUITION

US\$ 590.00
US\$ 530.00 early bird by 10/23/19

REGISTRATION <https://accessibleyogatraining.com/register/st-ouen-2019/>

LOCAL INFORMATION & SUPPORT Barbara Young barbiegyoung@hotmail.com