

DNS Yoga I

November 12-13, 2016

This two day course will be the first in series of 4 DNS Yoga courses. Courses may be taken individually, or in any combination. They are geared to yoga therapists, yoga instructors, DNS students, and advanced yoga practitioners. These courses will assist yoga instructors and therapists in making yoga instruction safer and more effective through the combination with DNS strategies, and will also provide sound training for those clinicians who have wanted to include yoga based exercises in their treatment protocols with instruction from experienced yoga clinicians.

DNS Yoga 1: General introduction to yoga and DNS; basic yoga positions focusing on alignment and support functions. Indications, contra-indications, modifications for patients, and Pranayama.

DNS Yoga 2: Pelvic girdle; hip, knee and foot centration and differentiation; Pranayama.

DNS Yoga 3: Shoulder girdle and scapulo-humeral rhythm; shoulder, elbow and hand centration; inversions; Pranayama.

DNS Yoga 4: Spine mobility and stability; forward bends; back bends; twists; biomechanics of respiration; Pranayama.

Location:

The Alpert Jewish Community Center

3801 E. Willow Street

Long Beach, CA 90815

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Instructors:

Martina Jezkova, MPT

Clive Farrelly, DC

Organizer:

Cynthia Butler, DC, DNSET

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Course Objectives:

Demonstrate the foundations of the basic principles of physiological movement through functional joint centration and their applications in asana practice.

Explore feet and hand support relationships, principles of skeletal symmetry, muscle balance/imbalance.

Demonstrate functional joint centration during static and dynamic loading.

Demonstrate working in open and closed kinetic chains.

Correcting dysfunctional patterns with coordinated co-contraction of antagonists.

Demonstrate an understanding of indications, contra-indications, and modifications for patients.

Practicing variations of Pranayama.