

Certificate in Restorative and Therapeutic Yoga 125 hours

Yoga Spirit Academy in Tulsa, Oklahoma

Share the wisdom of Yoga and Ayurveda to foster healing of body, mind and spirit

Three courses are required to complete this certification:

Restorative Yoga (50 hours)

This course explores the theory and practice of Yoga that restores and renews body, mind and spirit. Topics include prop-supported restorative Yoga, Yin Yoga, Yoga Nidra, and practice teaching.

Therapeutic Yoga and Ayurveda (45 hours)

This course explores the therapeutic applications of Yoga and Ayurveda to heal and prevent injuries and illness, therapeutic yoga for the hips and sacrum, for the shoulders and neck, for the back and spine, for the extremities, and for mental and emotional healing.

Advanced Anatomy for Yoga (30 hours)

This course goes beyond the basics of anatomy to explore the biomechanics of the shoulders, hips and spine; common injuries with an emphasis on anatomically safe movements; assisting and adjusting that is anatomically informed; the Ayurvedic understanding of subtle anatomy; and the anatomy of breathing.

For more information
Janet W Parachin, PhD, CYT, Director
918-261-9786
jparachin@cox.net
www.yogaspirittulsa.com