**Yoga for a Happy Back Certification Program: Yoga for Safe Spinal Health**

With Rachel Krentzman PT, E-RYT

**What it’s all about:**

This is a special certification program designed for Yoga teachers who wish to continue their education in anatomy, therapeutics and Yoga for spinal health.

In the Lower Back, Pelvis and Hips Section, you’ll learn the functional anatomy and biomechanics of the lumbar spine, sacrum, pelvis and hips and how it relates to posture and movement. You 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.

In the Upper Back Workshop, you’ll learn the functional anatomy and biomechanics of the thoracic and cervical spine and shoulders and how it relates to posture and movement. Through yoga practice and hands-on lab time, you’ll be able to develop a deeper understanding of the biomechanics associated with yoga postures and how injuries can develop as a result of incorrect alignment. You will learn therapeutic sequences for upper back, neck and shoulder pain including degenerative disc disease, nerve root impingement, reversed cervical curve, rotator cuff tea/tendonitis, bursitis, thoracic outlet syndrome, tennis elbow and carpal tunnel syndrome.

You will gain experience building yoga programs tailored to the needs of individuals with specific conditions. You will emerge with the ability to prevent and heal injuries by creating safe yoga programs that include modifications, adjustments and the use of props.

Prerequisite: 200-hour Yoga teacher training

**Rachel Krentzman** combines 18 years of physical therapy experience with more than 15 years of Yoga studies. Her method of treatment is a unique and highly effective approach to healing the whole person and includes Yoga postures and sequences, breath, awareness and meditation. Rachel holds a 2000-hour certification with continuing education in therapeutics with Master teacher Aadil Palkhivala and has received advanced training with Judith Hanson Lasater. She is the founder and director of Embody Physical Therapy & Yoga in San Diego, CA. To learn more about Rachel’s work visit: www.embodyphysicaltherapy.com

**Location**: Your Yoga, Ra’anana 83 Ahuza (corner of Arlozorov)

**Schedule:** Fridays 8:30 am -14:00 pm

**Dates:** May 1 – July 24, 2015

**Why a “Happy Back” Certification?**

Today, more people are seeking Yoga as a way to rid the body of pain and injury. The “Yoga for a Happy Back” Certification Program is designed to help Yoga teachers have a clear understanding of the functional anatomy and biomechanics of the spine and surrounding areas and how those relate to both posture and movement. By including several different learning modalities such as yoga practice, lecture, hands-on lab and practice teaching and adjustments, this certification program will give Yoga teachers what they need to work comfortably and correctly with people experiencing injury or pain.

**Attract a larger student base to your classes**

With this knowledge, you will attract more students to your classes and your private client base. Yoga teachers with a broad understanding of anatomy, injury assessment and management skills are an asset to any Yoga studio or sports facility and are sought after by students seeking private Yoga classes for healing. With the ‘Yoga for Happy Back” Certification, you will have advanced knowledge and skills and will be better equipped to teach a wider range of students.

**Prevent and heal injuries**

Do you feel prepared to properly address student injury and pain in group classes or private lessons? Many yoga teachers begin teaching soon after completing a 200-hour yoga teacher certification, which is often lacking in the type of anatomy training needed to prevent and heal injury. The “Yoga for a Happy Back” Certification Program is a perfect addition to basic or advanced yoga teacher training and will give you the tools to work with individuals with injuries and limitations.

**Learn to keep yourself and others safe while enjoying your yoga practice!**

Yoga is meant to be a sustainable, life-long and enjoyable practice that ultimately unites the mind, body and soul and allows people to connect more deeply with others. In that process, a Yoga practice can help us stretch what is tight, strengthen what is weak, and allow our bodies to perform everyday activities with more ease and joy. In order to make a yoga posture practice sustainable, we must learn how to create safe practices built on a solid understanding of anatomy and biomechanics and how they relate to movement and posture. The Yoga for a Happy Back Certification Program will give you the skills necessary to adapt your practice to enhance your life and avoid injury.

**Gain Continuing Education Credit Through the Yoga Alliance.**

All hours count toward Yoga Alliance continuing education for yoga teachers.

**Cost:** 3600 shekels

Payment plan: 300 shekels non-refundable registration fee and 6 payments of 550 shekels

**Early bird cost:** 3, 200 shekels if registered and paid IN FULL by April 20, 2015.

**To Register or for more information:**

Rachel Jacoby - 054-303-5670 or Sher Spiro 054-351-4758

Rachel Krentzman – 058-600-0199 [rachel@embodyphysicaltherapy.com](mailto:rachel@embodyphysicaltherapy.com)

Cancellation Policy: 300 shekels non-refundable registration fee. If completed 25% of the program or less, will refund 75% of tuition fee, If completed 25-50% of course – will refund 50% of tuition fee. No refunds after June 15, 2015.