



Chair Yoga Training

with Kathleen Sable (MA, LLPC, E-RYT, YACEP,)



 **DEMENTIA
YOGA**
Memories – worth fighting for

Saturday, January 30

1:30PM – 5:30PM

\$200 per person

(pre-registration required)

One-day Training for Yoga Teachers, Yoga Teachers In-Training, Wellness Professionals and Caregivers who want to offer Safe, Effective and Supportive Chair Yoga Classes

UpDog School For Yoga is pleased to offer the expertise of a Chair Yoga Training intensive presented by Kathleen Sable, who has been a champion and original founder of the Chair Yoga teaching community in Southeast Michigan for over a decade. This program is designed to expand the skillset of Yoga Teachers and Yoga Teachers In-Training specific to learning to sequence and teach Chair Yoga as a unique genre, however, anyone interested in learning the fundamentals of teaching a Chair Yoga class is welcome to attend.

You will learn:

- A safe and adaptive Chair Yoga sequence, in and out of the chair
- How to teach to all acuity levels
- Client-level appropriate meditations and breathing exercises
- Bi-lateral stimulation techniques for brain balancing
- How to prevent over-stimulation and increase engagement
- In-depth Workbook complete with photos – yours to keep and take home

You will also have the opportunity to individually practice-teach the Chair Yoga class flows you learn, while receiving guidance and mentorship from Kathleen – so you leave the workshop confident and ready to teach a Chair Yoga class!

Yoga instructors: Earn 4 Yoga Alliance CEUs by attending this workshop

Pre-registration required, space is limited: <https://www.updogyoga.com/workshops/rochester-workshops>



Kathleen Sable is an E-RYT Yoga Instructor, Masters Level Clinical Therapist (MA, LLPC) and founder of Dementia Yoga, who has been teaching to diverse populations for 15 years



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickOnDetroit.com