



Yoga Therapy Foundations for the Relief and Prevention of Suffering

Heyam Dukham Anagalam: "Future Suffering Can Be Avoided."

Yoga Sutra II.16

Matthew J. Taylor, PT, PhD, RYT

Saturday & Sunday January 14-15, 2012

10:30 a.m.- 5:30 p.m each day Pre-registration required

1:30-2:30 lunch on own. Last 3 hours on Sunday for practice with students.

12 CEU/ Advanced Studies credits through Yoga Alliance

\$240 single workshop rate OR \$216 prepaid series rate

Desert Song is working in collaboration with the **Matthew J. Taylor Institute** to advance the practice of Yoga Therapy as a respected and recognized profession in the Valley. **Matthew J. Taylor** will be presenting a 2-day workshop for teachers and therapists at **Desert Song Yoga**. The workshop will focus on the next evolution of Yoga Therapy that will require three primary skills:

- 1. Cultural Competence:** The ability to develop programming, delivery systems and practical learning outcomes to meet the needs of the community.
- 2. Traditional Foundations of Yoga:** The deep professional development of the teacher/therapist in the classical teachings and practices of Yoga.
- 3. Professional Networking:** The ability to understand, articulate and create relationships with medical professionals, business owners, agencies and the public to generate demand for Yoga Therapy services.

The purpose of this Foundation training is to provide participants with the basic building blocks needed to achieve these 3 skills. Participants will transfer these skills to their particular interest areas during the course and develop their practices using this shared foundational skill set. The final 3 hours will feature participants working with volunteers from the community to put the skills into practice.

Participants will be able to:

- Describe and teach how Ahimsa is an effective business model for yoga teachers.
- Communicate effectively with other health professionals supporting their students.
- Implement an appropriate networking relationship to support their teaching practice.
- Will be able to safely identify barriers to practice and how to manage those considerations for students.
- List contraindications & indications for yoga philosophy & techniques; and common oversights in teaching methods.
- Initiate programming development for at least one new yoga class or one-on-one service.
- Share the key concepts and benefits that make effective marketing of their services.
- Participate in follow-up workshops on specific Yoga Therapy challenges.

Matthew J. Taylor, PT, PhD, RYT Dr. Taylor has 30 years of sports medicine/orthopedic experience and a wellness/integrative medicine practice. As the leader in integrative rehabilitation, his Scottsdale practice has been featured in national publications for both patient care delivery and administrative design. His futuristic mind-body clinic is based on a fusion of orthopedic rehabilitation, classical Yoga Therapeutic principles and his doctoral work in modern transformation learning theory. He uses Yoga as a practical, simple method of using new science discoveries to address pain and movement challenges for all types of conditions. Dr. Taylor led research at the Courage Center in Minnesota with Matthew Sanford to create the first mind-body based residential physical rehabilitation center in the country. He is also past president of the board of directors of the International Association of Yoga Therapists (IAYT) and a sought after author and speaker. This program has been praised at several national conferences and he presently chairs the business development section of IAYT. His Institute trains licensed health professionals to create new integrative methods of rehabilitation. www.droforyoga.com

Refund / Cancellation Policy: 48 hours' notice to withdraw from a workshop and receive a refund.
No refunds for cancellations after the 48-hour period.
No refunds or credits for No Shows

breathe • relax • renew
Desert Song
Yoga & Massage Center

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