

An Outreach Yoga Course

This unique training provides all you need to teach yoga to those in Care Homes, in hospital, those recovering from strokes or other conditions, which prevent them from attending a general yoga class.

You will learn how to assess the needs of and build a rapport with this vulnerable group of people. You will readily identify signs of distress and learn the appropriate course of action required in such cases. By minimising risks whilst stimulating response, you will contribute to an overall improvement in the quality of their lives, from physical mobility to cognitive ability and emotional wellbeing.

Monica Burton, who is both a highly regarded trainer of yoga teachers and an SRN, will tutor the course. Drawing on her extensive experience and profound knowledge, she will illuminate your journey to being an Outreach Yoga Teacher.

Dates

This is a residential course planned for the autumn 2015 or Spring 2016 depending on demand

Location

Buckinghamshire – venue to be confirmed

Cost

£500.00

Email; monicaburtonyoga@talktalk.net to register your interest