

# Teaching Yoga to Older Adults SPECIALTY CERTIFICATE

**Location:**

Maureen Rae's Yoga Studio  
5324 Dundas Street West  
Toronto

**Date:** Saturday, May 5

**Time:** 11 am - 6 pm

**Trainer:** Maureen Rae, RN, E-RYT

**Tuition:** \$199 + hst

**Contact:** [info@mraesyogastudio.com](mailto:info@mraesyogastudio.com)  
**Website:** [www.mraesyogastudio.com](http://www.mraesyogastudio.com)

## With Maureen Rae, RN, E-RYT

Program Director of Maureen Rae's Yoga Studio, Toronto  
Registered Yoga Alliance Approved School of Yoga

*The over-50 active adult is THE target market group for teachers of Yoga! Yet, many classes are just too challenging with all the kneeling lunges, up-dogs and the down-dogs! Not to mention the getting down to – and up from the mat! Learn how to select poses, modify them and sequence them into a wonderful flowing Vinyasa-style class.*

### CURRICULUM



- \* System review - understanding how the body ages with relevance to teaching yoga
- \* Fundamental Pose Modification
- Yin Yoga Solutions
- Viniyoga (Healing + Therapeutic Yoga) Postures
- \* Class Design + Formats (Choreography Provided)
- \* Twists/Forward Bends/Inversions for this at-risk group
- \* Sensational Sun Salutes!
- \* Chair Yoga
- \* Fundamental Tai Chi Movements
- \* Laughter Yoga
- \* Teaching Spirituality to Mature Adults



### To register:

Please call 416-716-7589

Fee: \$199 (HST extra)

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CanFitPro CECs available

**Make a weekend of it!**

**Meditation Specialty  
Workshop Sun. May 5!**

**FULL MANUAL !**

