



January 27-29, 2017

**Senior Yoga
Certification**

OPEN TO ALL / 300 HR

@ NEXT YOGA, WHEATON, IL

Seniors face increasing challenges and big life changes.

Yoga helps with functional strength, healthy range of motion, and a positive stress-response. Learn to see and speak to Seniors as powerful and relevant human beings while offering methods that support graceful aging and total well-being.

Get Chair, Restorative and other age-appropriate techniques including anatomy / physiology for the changing needs of Seniors, sequencing for aging bodies breathing techniques to soothe the nervous system, modifications/propping for safety & ease.

cost - single module:

\$495 Super Early Bird
\$595 Early Bird / \$795 Week Of

cost - Full 300/500 Program:

Get \$1470 off entire 300/500 HR Program with our pay in full option.

More info / support

617-435-8683 (text is fastest)

wildabundantlife.com/illinois

