



Yoga Medicine® Essentials Workshop

After decades of working with clients and training thousands of teachers around the world, we've distilled the core components of a therapeutic practice into a series of workshops for both the new and avid yoga practitioner.

We will cover topics that are hard to fit into group classes, but are crucial for yoga practitioners and teachers to understand in order to help prevent injuries and optimize the way we move. You will leave with an arsenal of information to instantly incorporate into your practice and teaching.

Presented by Rachel Land



Yoga Medicine® Teacher Trainer and 1000hr Yoga teacher, Rachel Land is passionate about helping students gain tangible benefits from her studies in anatomy and

alignment - benefits like strength, stability, ease of movement and clarity of mind. Teaching full-time in Queenstown and online, Rachel is also a regular contributor to Yoga Journal and co-host of the Yoga Medicine® Podcast.

Shoulder: 9am-12pm Saturday, October 31st

The shoulder girdle is a common area of struggle for both the new yogi and the regular vinyasa practitioner. The shoulder joints are inherently inclined toward mobility, creating the need to cultivate stability when we challenge the joints in weight-bearing poses like chaturanga dandasana. During a short lecture you'll learn the anatomy of the shoulder and a theoretical approach to working with these joints therapeutically before moving through guided practices that enable you to immediately translate this knowledge into your body and onto your mat.

Hip: 1-4pm Saturday, October 31st

This workshop explores the need for equity between stability and mobility in the hip joint. In a yoga practice hip stability occurs naturally to some extent, but what each of us needs to maintain balance in this joint can vary greatly from person to person. Through a brief lecture and guided yoga practice, you'll look at the structure and function of the hip joint and dig in to how to individualize for your personal needs even in a group class.

Spine: 9am-12pm Saturday, November 14th

The central theme of this workshop is maintaining the integrity of the precious structures of the spine and all that it entails. Learning to move efficiently, with the support of the core, gluts and legs is key not just in a movement practice but also in the challenges of our lives. Through a combination of theory and practice you'll understand how the parts of the spine work together with the core and legs, and learn how to move with solid mechanics that allow you to rewrite your autopilot responses.

Myofascial Release: 1-4pm Saturday, November 14th

Understand what myofascial release is and how it works before learning a few important things to avoid and how to use it on your own. We'll move through a myofascial release practice that explores the areas we've found to be most helpful in the legs, hips, shoulders and back. You will leave with self-care information that you can use right away. This practice is myofascial release only (no yoga) and is open to everyone, no yoga experience needed.

This workshop will count as 12 hours towards your 500-hour/1000-hour Yoga Medicine® certification as well as 12 CEUs with Yoga Alliance. To receive your trainings hours and certificate of completion, you need to attend both days of the workshop and pass the online exam.



Venue

Soul Yoga @ A&D Library
2A Frederick St
Ballantyne Rd
Wānaka 9382, New Zealand

soulyoga.wanaka@gmail.com

Cost

Early Bird (book before September 30th):
\$210 for one Saturday or
\$390 for both

Full Price:
\$250 for one Saturday or
\$450 for both