



Adaptive Yoga Moves Any Body Teacher Training Overview



It is a goal of this Teacher Training program to help participants gain confidence in their ability to meet the unique needs of their otherwise-abled students, while understanding how neuromuscular conditions impact students' lives, mobility and sensations. This comprehensive program combines Yoga Moves MS (YMMS) principles, with an overview of neuromuscular conditions, pose adaptations, class design and dynamics, theme components, class administration and additional resources to further enhance your understanding. Participants will become part of a growing and mutually supportive adaptive yoga community of instructors and students.

Participant Qualifications

- Yoga Instructors
 - Completion Registered Yoga Teacher credential by Yoga Alliance, RYT 200
 - Two years or more of yoga instruction experience suggested
- Neuro-rehabilitation professionals, such as physical and occupational therapists and nurses
- Caregivers of those with neuromuscular conditions

Suggested Preparation

- MS Society online class for fitness and wellness trainers <http://www.nationalmssociety.org/For-Professionals/Clinical-Care/Managing-MS/Intro-to-MS-for-Fitness-Professionals>

Participants Will Learn

- Basic understanding of nervous system and neuromuscular conditions in terms of types,

symptoms, Complementary Alternatives to Medicine (CAM) options, and adaptations for yoga that may be applied to students with MS, Parkinson's Disease, spinal chord injury, stroke etc.

- Guiding principles of adaptive yoga for MS and neuromuscular conditions
- How to apply adaptive yoga techniques to symptoms of neuromuscular conditions, with emphasis on MS
- How to apply mindfulness techniques to adaptive yoga curriculum, including how to cope with pain and anxiety
- Essential components to an effective small group adaptive yoga class
- How to safely address and assist with transfers to and from a chair and yoga mat
- How to assist adaptive students creatively and safely in, and through, poses

Competency Goals of an Effective Adaptive Yoga Instructor

- Acceptance of the instructor (or therapist) role without trying to “fix” the student
- Confidence in teaching and providing assistance with adaptive yoga poses and alignment adjustments
- Attunement to the whole person, rather than to student’s condition or disease
- Ability to empower students to contribute to self care for wellness and healing
- Knowledge of breath and foundational alignment principles and how to apply them to adaptive yoga
- Ability to instruct students with a range of abilities and challenges



Sessions range from 20 to 32 hours

Selected topics may be included in more depth in sessions over 20 hours such as Parkinson’s Disease, mindfulness, coping with pain, and pelvic floor dysfunction.

Price per student varies depending upon training duration, class venue, and instructor travel expenses.

- Safe, sensitive and appropriate responses to individual student and class needs
- Mindfulness in the classroom, being in the present moment, while welcoming change in student and class needs
- Ability to look through the lens of an adaptive yoga student

Practical Experience

- Creative, empowering and playful environment to explore adapting yoga poses
- Hands-on teaching and assisting practice with peers and adaptive yoga students
- Mentorship opportunities. Details available upon request



MINDY EISENBERG,

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Qualified MBSR Teacher

Mindy Eisenberg is the author of Adaptive Yoga Moves Any Body and the founder of Yoga Moves MS, a nonprofit 501 (c) (3) organization. She has provided yoga therapy to individuals with multiple sclerosis, and neuromuscular conditions in southeastern Michigan for over 13 years. She has eight years experience training and mentoring yoga instructors and continuously seeks to learn from the best yoga and meditation instructors in the country. Her experience as a hospital administrator at the University of Michigan Medical Center contributes to her ability to bring the Yoga Moves philosophy of healing and the importance of the mind-body relationship to the health care arena. Mindy received her mindfulness based stress reduction (MBSR) qualifications from the Center for Mindfulness at the University of Massachusetts Medical School and has a Bachelor of Science from Northwestern University and a Master in Health Services Administration from University of Michigan.



Yoga Moves MS

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