



KIM VALERI, AYT, C-IAYT, AWP (NAMA). With 30 years of practice experience, Kim Valeri is a leading Ayurveda Yoga Therapist in New England. She is known for accelerating personal growth and healing by raising conscious awareness using Ayurveda & Yoga's holistic approach with mind, body and spirit.

She founded **Yogaspirit®** studios to share the powerful teachings of yoga from home base in New England and supports students worldwide using yoga as a sacred art of healing and self-realization. In addition to having a practice as an Ayurveda Yoga Therapist, Counselor & Practitioner, Kim is also a certified Neurolinguistic Practitioner, and Pranic Healer.



A School dedicated to the training, support, and development of certified Ayurveda and yoga teachers. & therapists

Yogaspirit® Yoga Therapy Certificate Level 1 (Foundations)

Tuition: \$1,490 plus one-time books and materials of \$131.00 .

Students meet for in-class
Instruction on the
following 6 weekends:
9-5:30 PM Sat. & Sun.

2018

Weekend 1: 3/10 & 3/11

Weekend 2: 4/14 & 4/15

Weekend 3: 6/23 & 6/24

Weekend 4: 7/21 & 7/22

Weekend 5: 8/25 & 8/26



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kim valeri
yogaspirit®



Yoga Therapy Certificate Level 1 (Foundations)

Especially for Massage Therapists, Yoga Teachers, Ayurveda Counselor and Practitioners, Physical Therapists, Occupational Therapists, Psychologists and other medical professionals

Learn how to incorporate yoga therapy care plans practice

Tel: 978-927-0099

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Yoga Therapy Certificate

Especially for Massage Therapists, Yoga Teachers, Ayurveda Counselor and Practitioners, Physical Therapists, Occupational Therapists, Psychologists and other medical professionals.

This program will provide you with a clinical and structural study of the human body in asana. Kinesiology, pathology, muscle palpation, muscular origin and insertion will be studied along with a clear breakdown of pose bio-mechanics and alignment and more...

- Be introduced to **yogaspirit®**'s Therapeutic application of Asana.
- Understand Anatomical Landmarks
- Learn Biomechanic function
- Learn **yogaspirit®**'s 35 Foundational Asanas.
- Learn **yogaspirit®**'s 13 unique Asana Techniques.
- Learn **yogaspirit®**'s 8 Characteristics of a Beginner Body methodology.
- Learn Restorative yoga postures.
- Develop a keen eye for asana refinement.

- Be introduced to the art of adjusting and modifying asanas based on you and your students' specific needs and always from a point of safety.
- Understand "safety anchors" and key actions and the importance to approach practice plans with them in mind.

In addition, you will learn strategies to work with chronic and acute therapeutic modifications, better understand contraindications and learn how to help others modify their practice in a therapeutic setting and more...

- Learn Therapeutic Modifications, Applied kinesiology, Anatomy, Physiology.
- Learn Mind-Body Therapeutic techniques that reach root cause level and are based on neuro-plasticity concepts and principles .
- Learn the Ayurvedic principles that support your understanding of preventative yoga therapy treatment plans.
- Become proficient at teaching the Inner Practices of yoga: Pranayama & Meditation for stress management.

This course includes a series of evaluations that will challenge your critical thinking in various poses to determine and assess weaknesses or key areas of limitation. All participants will learn the importance of obtaining a healthy history, including a review of stress factors, breath and Autonomic Nervous System functioning, and a look at lifestyle considerations for optimal health.

Personal case studies demonstrate the assessment process, treatment planning, documentation, and collection of evidence based research. Consultations working with individuals who have complex health histories will also be included.

