Chair Yoga Training

with Kathleen Sable (MA, LLPC, E-RYT, YACEP)



One-day Training for Yoga Teachers, Yoga Teachers In-Training, Wellness Professionals and Caregivers who want to offer Safe, Effective and Supportive Chair Yoga Classes

UpDog School For Yoga is pleased to offer the expertise of a Chair Yoga Training intensive presented by Kathleen Sable, who has been a champion and original founder of the Chair Yoga teaching community in Southeast Michigan for over a decade. This program is designed to expand the skillset of Yoga Teachers and Yoga Teachers In-Training specific to learning to sequence and teach Chair Yoga as a unique genre, however, anyone interested in learning the fundamentals of teaching a Chair Yoga class is welcome to attend.

You will learn:

- A safe and adaptive Chair Yoga sequence, in and out of the chair
- How to teach to all acuity levels
- Client-level appropriate meditations and breathing exercises
- Bi-lateral stimulation techniques for brain balancing
- How to prevent over-stimulation and increase engagement
- In-depth Workbook complete with photos – yours to keep and take home

You will also have the opportunity to individually practice-teach the Chair Yoga class flows you learn, while receiving guidance and mentorship from Kathleen – so you leave the workshop confident and ready to teach a Chair Yoga class!



Kathleen Sable is an E-RYT Yoga Instructor, Masters Level Clinical Therapist (MA, LLPC) and founder of Dementia Yoga, who has been teaching to diverse populations for 15 years

Yoga instructors: Earn 4 Yoga Alliance CEUs by attending this workshop

Pre-registration required, space is limited: https://www.updogyoga.com/workshops/rochester-workshops

www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 I 248.608.6668

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