



In the Know Newsletter



YOGAVISTA
ACADEMY

Advanced Gentle Yoga Teacher Training

Knowledge for the Advancement of Gentle Yoga Teachers

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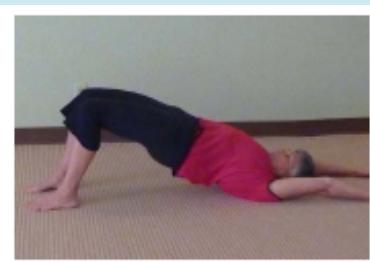
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Teacher Tip

Bridge Pose for Kyphosis



Notice the chin lock here, always have practitioners continue to look at the ceiling to protect the neck. The added benefit here is a lengthening of the cervical spine, helping to balance out the lordosis in the neck that often accompanies deep kyphosis in the thoracic spine. [View entire sequence.](#)

Excerpt from [Volume 2 of our Gentle Yoga Teacher Training Manual.](#)

Academy Program Offerings:

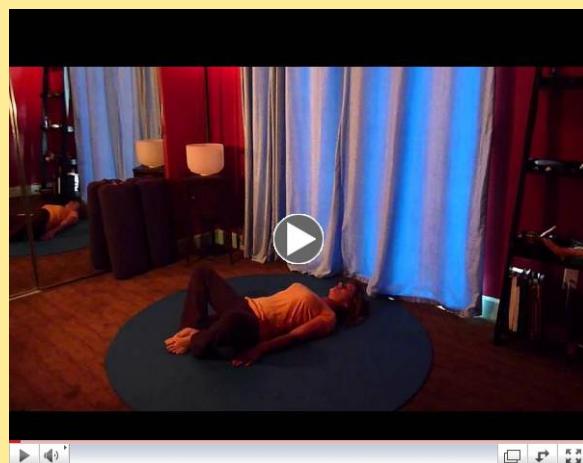
- Yoga Alliance-approved Continuing Education Workshops - Earn continuing education credits and expand your expertise in Gentle, Senior, Chair and Yoga Therapy.
- Teacher Resources - Build content for your classes with our Yoga DVDs, Training

Dear :

What is the go-to pose that brings relief to almost any low back ailment or ache? Reclined Cobbler's Pose (aka Baddha Konasana) ... but with an interesting variation. This sequence was introduced to Justine the first time she took a Vinyoga class. She hadn't been able to lie flat on her back with no pain for years (unbeknownst to her at the time, she has spinal stenosis and lumbar disc bulges). After doing this pose, she was able to lie flat on her back with NO pain. Amazing!

After just a few rounds of slow (you will see how slow!) and mindful movement in and out of this pose.... the clinching of low back muscles can gracefully subside, circulation to the low back is greatly increased, and the entire low back feels relief.

**Thus nicknamed the "Yoga Band-aid Pose!"
Share it with your students who need low back tender-loving care!**



A Gentle Yoga Band-aid for the Low Back: Get Pain Relief Now

Manuals and Workbooks
fully-illustrated and annotated
for Yoga Teachers and
Health Practitioners.

- Specialty Teaching Certifications - Test, qualify and certify in our In-depth specialty programs to broaden your teaching skills and resume.
- Online Training Videos - Educate yourself on how to adapt traditional yoga poses and work safely with people who have physical limitations.

Check out our [YouTube Channel](#)

Show us that you like what
we do by Liking, Following
and Subscribing to us!
THANKS!

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Do you know a Fellow Yoga Teacher who is interested in this Population?

[Send to a Colleague](#)

Namaste,

[Justine Shelton](#), E-RYT500 and Certified Vinyoga Therapist

[Sherry Zak Morris](#), E-RYT and Yoga Vista Studio Owner



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Encore Career!

Paula Montalvo, RYT, Senior Chair Yoga Teacher

Paula, Yoga Vista Academy Teacher specializing in Senior Health Issues, has recently been selected to represent a group of seniors who have created "encore" careers for themselves in retirement. After a long and successful career as a Family Counselor, Paula took her YTT training in her mid 70's and has a thriving chair yoga business that has pleasantly surprised her! She will be presenting at our [October Weekend Workshop](#) on "Senior Issues: Balance and Posture".

"I have learned to adjust my teaching style and choice of yoga poses as I age, and as I see the abilities and inabilities of the students I teach. I read, research and collaborate with other yoga teachers and healthcare professionals to learn the most I can about the aging process and incorporate what I have learned into my teachings."

Therefore, you will see this approach in my live classes, my videos and my workshops as I bring the perspective of a 65+ senior forward and share what issues they are most likely encountering. Hopefully, this will help you become a more knowledgeable and compassionate yoga teacher."



LIVE! Chair Yoga Class for Seniors with 82-yr old Yoga Teacher, Paula Montalvo

October 18-21, 2013 - 4 Full Days of Intensives!



28 CEU Hours in an Intimate Learning Environment!

We have people coming in from Canada, Texas, Hawaii, Washington, Minnesota, California and in between! Hope to see you there too! Special hotel package for workshop attendees.

[Find out more on our Workshops!](#)

These Workshops are for yoga teachers, health care professionals and/or anyone interested in learning more on these important and timely topics.

