

Gabriel Halpern

The Art of Teaching Therapeutics

March 2 - 3, 2012

Friday, 1 - 8:00pm

Saturday, 11 am - 6 pm

1.25 hour meal break each day

\$225 by 2/24/12, \$275 thereafter



Through the prism of yoga, pure light breaks down into a tool kit of techniques to help the individual reach their optimum unfolding and maximum potential. In the normal course of life, it is inevitable that people get unexpected and unwanted initiations into a variety of bodily ailments. It is imperative for any skilled yoga teacher to be able to guide their students when these health problems, whether acute or chronic show up.

In this training, you will learn:

- How to body sight and read a student's anatomy,
- How to recognize misalignments and distortions.
- How to modify yoga poses to give relief from pain.
- How to give manual adjustments.
- How to use props to deepen the effectiveness of pose.
- How to induct a guided relaxation.
- How to inspire students for life.

Sessions will focus on hips and knees, shoulders and neck, low back, and the immune system. We will cover the fundamentals of how to flex, extend, laterally rotate, and twist the spine and limbs with poses that are safe and stage appropriate for many of the major conditions that you will face in your classes. Of course, you can expect elucidation of the yoga philosophy on healing via Gabriel's patented "dharma talks."

Gabriel Halpern holds a BA in Philosophy, an MA in Health Psychology, and is a full-time instructor trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of the Yoga Circle in Chicago, IL since 1985. For the past twenty years he has also been a core performance faculty member at De Paul University's Theater Department. His teaching is all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring.

Gabriel Halpern

The Art of Teaching Therapeutics

DATE

March 2-3, 2012

Friday 1 - 8:30 pm

Saturday 11 - 6 pm

FEE

\$225 by Friday, February 24; \$275 thereafter

STUDENT INFORMATION

Name

Address

City/State/Zip

Phone

Email

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$35.00 fee. Credit cards accepted in studio only.

_____ \$225 paid in full by Friday, February 24

_____ \$275 paid in full after February 24

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, you may request a studio credit less 15%. Credit is good for 6 months and may be used for classes, workshops, special events only.
- **For cancellations 24 hours or less before the event**, no refunds or credits will be given.
 - If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 3% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.
- **Cancellations:** We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 3% credit card transaction fee).



4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

prairieryoga@comcast.net

www.prairieroga.org and www.prairierogaTT.com