

Sanctuary Studios

transformational yoga & bodywork



Senior Yoga Teacher Certification

Date: September 11-12, 2010 Time: 10am - 5:00pm

In this training, you will learn how to lead a chair yoga class, which is a gentler, slower pace of yoga designed for people of varying ages and physical ability. Learn sequences for various levels of mobility; at the end of this course you will be able to teach classes ranging from active senior populations to nursing home settings.

15 contact hours for nurses

47 Main Street, 2nd Floor | Downtown Plymouth, Massachusetts

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