



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA FOR OSTEOPOROSIS CERTIFICATION

With Loren Fishman, MD, B.Phil., (oxon.)

Asheville, North Carolina

March 28–31, 2019



Dr. Fishman's Method, consisting of 12 poses, has been proven to increase bone density for students with osteoporosis or osteopenia, and to prevent bone loss in those without those diagnoses. This method is the subject of the 40 hour training, which includes 20 hours of prerequisite online material covering the science and yoga practices involved, plus 20 hours of in-person instruction in how to teach the poses.

Graduates of the course will be certified to teach Dr. Fishman's Method. You will learn how to prepare new students to practice safely, and how to adapt the 12 poses for any level of student. Learn more on Dr. Fishman's website at: sciatica.org.

Tuition:

\$1000.00 plus \$275.00 for Yoga U 20 hr. on line training and exam payable to Yoga U online

Training Location: Kellogg Center. Training details and directions to the Kellogg center will be sent to all registrants with their electronic confirmation.

Registration Required.

To register, contact any branch at the YMCA of Western North Carolina or Diane Saccone at 828 575 2904 or dsaccone@ymcawnc.org

» ymcawnc.org «

YMCA OF WESTERN NORTH CAROLINA



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Several preparation and warm-up poses to support the proper alignment of the poses taught in the training and guidelines for sequences to be used for ongoing classes will be taught.

During the 20-hour live workshop, students will practice the poses, practice teach with each other, and demonstrate their teaching to the presenters at the end of the weekend, as required for certification.

Please note: Certification in Dr. Fishman's Method is awarded to those who complete the entire 40-hour training with passing grades on the two tests (one online and one live teaching) plus five years of yoga teaching.

Those who attend the entire course and pass both tests but have been teaching less than five years will be awarded Registered Teacher status, which will automatically convert to Certified Teacher when they complete five years of teaching.

Certified teachers are able to participate in studies, which includes teaching people enrolled in the studies, and participating in them.

Certified teachers are listed on Dr. Fishman's website, sciatica.org.

Cancellation policy: Refunds will be accepted up to February 28th, 2019 minus a \$100.00 nonrefundable processing fee. Cancellations after February 28th are non refundable. In the event that the course is cancelled, the student will receive a full refund (minus the YogaU online tuition). The YMCA of WNC is not responsible for refunding Yoga U tuitions once a payment has been made.

Registration Deadline: March 15, 2019



Loren M. Fishman, MD, B.Phil. (Oxon.), graduated from Christ Church, Oxford, and spent the year 1973 with B. K. S. Iyengar in Pune, India. He went on to Rush Presbyterian St. Luke's Medical School, in a Tufts-Harvard Residency program, and served as Chief Resident at the Albert Einstein College of Medicine. Loren has written and edited more than 95 academic articles and chapters, and 12 books, including the best-selling *Yoga for Osteoporosis and Yoga for Arthritis* (W.W. Norton), with Ellen Saltonstall, *Yoga and Multiple Sclerosis* with Eric Small, and *Healing Yoga—Yoga Cures for 20 Common Conditions*. Dr. Fishman has a private practice in Manhattan and is on staff at Columbia College of Physicians and Surgeons.



Gabriella Barnstone is a certified yoga therapist with the International Association of Yoga Therapists, and has been working at Manhattan Physical Medicine and Rehabilitation under the guidance and tutelage of Dr. Loren Fishman since 2015. Besides Dr. Fishman, her teaching is largely influenced by the work of Judith Lasater, Carrie Owerko, and Jonathan Fitzgerald. Gabriella has taught courses with Dr. Fishman on *Yoga for Back Pain* and *Yoga for Osteoporosis* at Kripalu, Pure Yoga West and Aum Home Shala in Miami. She continues to study in New York with Rodney Yee and Carrie Owerko.