



Yoga Therapy Module

WITH NIKKI JACKSON

This modular course is designed for qualified teachers to develop skills in providing safe and effective Yoga Therapy practises that are appropriate for specific chronic physical and mental health conditions.

The focus will be 'person centred' as opposed to 'one cure fits all' and teachers will learn to be more adept and creative in using different models of practice suitable for the needs of individuals and the conditions they are suffering from.

Each day will consist of exploring Yoga Therapy for topics such as, elderly care, cardiovascular, mental health, cancer, neurology and spinal conditions. Emphasis will be on experiential learning with opportunities to design Yoga Therapy Programmes through case studies. Also theoretical analysis of conditions related to Yoga Therapy and informative handouts. Breathing practices and Mindful Yoga sequences will be the foundations for easing pain and stress in mind and body.

Nikki Jackson has worked with mental and physical conditions in the NHS and private sector for over 25 years, both as an Occupational Therapist and Yoga Therapist. She qualified as a BWY Teacher in 1998 and founded Yoga Focus in 1999. She is a Mindfulness for Health Teacher (having trained with Breathworks, International leaders in Mindfulness for Health) and regularly runs 8-week courses for Pain and Stress Management related to a variety of health conditions.

Training Dates

6 x Saturday meetings, 9.30am–4.30pm

2017

25th November

2018

13th January, 10th February,

17th March, 21st April and 19th May

Location

Chadlington Village Hall,
Nr Chipping Norton, Oxfordshire, OX7 3NX

Cost

£395 plus £60 for BWY module registration fee

For further information, a student pack or to book, please contact: Nikki@yogafocus.co.uk or visit www.yogafocus.co.uk

Full list of training at
www.bwy.org.uk/national

