Advanced Gentle Yoga Teacher Training Manual
Chair and Senior Yoga, Gentle Yoga Therapy and Somatics

With Sherry Zak Morris, E-RYT; Paula Montalvo, RYT; Justine Shelton, E-RYT500 and Certified Viniyoga Therapist and James Knight, Integrative Therapist and Somatics Educator

Empowering Yoga Teachers with Knowledge, Skills and Confidence

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GENTLE, SENIOR AND CHAIR YOGA TRAINING MANUAL - VOLUME 2

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Educational Resource for Yoga Teacher and Practitioners. Over 500 yoga poses and sequences, fully illustrated with contraindications and modifications.

CHAPTERS:

- Chair Yoga for Everyone! Deskworkers,Wheelchair and Senior Chair Yoga with Sherry Zak Morris
- Gentle Yoga for Osteoarthritis with Sherry Zak Morris
- The Business and Marketing of Gentle, Senior and Chair Yoga with Sherry Zak Morris
- Senior Chair Yoga with Paula Montalvo
- Balance Workshop for Seniors with Paula Montalvo
- The Fundamentals of Viniyoga with Justine Shelton
- Structural Anatomy with Justine Shelton
- Body Reading with Justine Shelton
- Gentle Yoga Therapy for Cancer Recovery with Justine Shelton
- Gentle Yoga through Somatic Exploration with James Knight

FOR MORE INFORMATION

Gentle Yoga Teacher Resources, Trainings, Workshops and teacher discounts, visit www.YogaVistaAcademy.com

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GENTLE YOGA FOR
OSTEOARTHRITIS
WITH
SHERRY ZAK MORRIS
Gentle Yoga for Osteoarthritis with Sherry Zak Morris, E-RYT
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Agenda

- Fundamentals of Osteoarthritis
  - Causes
  - Symptoms
  - Diagnosis and Treatment
- Exploring Osteoarthritis in the Body
- The Benefits of Yoga
- Gentle Yoga Practice
- Summary
Advanced Gentle Yoga Teacher Training

Pigeon  HIPS  Lunge

Supta Hasta Padangusthana  Bridge

Gentle Yoga for Hips

- **Pigeon**
  - Stretches hip and outer thigh (IT band)
  - Expands ROM with spine elongated
  - Contraindications:
    - Severe hypertension, colostomy, gastric reflux, medial meniscal tear, hip replacements

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HANDS/FINGERS- JUST JOINTS
By the time we all become Seniors, we will surely have a bit of stiffness in our joints – and many times it starts with the fingers and hands. This is a great sequence for getting into all the joints of the upper body. I call it the “multi-tasking pose”.

Start with the arms out and front, fingers spread wide. Open and close the fingers a few times. Then rotate the wrists while the fingers are still opening and closing. Even try the flicking movement of the fingers as they open up.

Add the elbows into the movement by bending the elbow in and out, while still rotating the wrists and moving the fingers. Lastly, add the shoulder joint, moving one shoulder back and then the other. Combine all 4 movements together and just keep moving.

THE HULA

While the joint movement is still flowing, adding the side to side movement of a hula. Remember, no one is sad or worried when they are doing the hula!

THE WAVE

Then end it with a big reach up and a waving motion side to side. Swaying like a big palm tree!
SHOULDERS – ONE AT A TIME
I never want to make generalizations about any person or any condition, but often times there is a disconnect from the body when people have suffered injuries or have mobility limitations in certain areas. This is a somatic movement that is small enough, and perhaps a little complicated enough, to force the student to have to pay attention and make that connection from their brain to their body. The movement touches 4 separate points in the shoulder rotation, and once the connection is made, the movement can become more fluid and circular. Take it 3-4 circles on each side.

Up: Lift one shoulder up and scrunched the shoulder to the ear.
Back: Roll the shoulder back and the arm turns open.
Down: Reach the arm down toward the floor making more space between the ear and the shoulder.
Forward: Roll the shoulder forward and then draw it back up to neutral and begin again.

ARMS – LIFE FORCE
I might rename this pose “meet your neighbor” because teaching in assisted living and rehabilitation centers is usually tight quarters. I rarely see anyone reach with their elbows straight like this, but I never stop encouraging them to do so. Reaching and stretching makes the body feel good because it releases tension and allows the energy to move through the body more freely. This pose in particular moves that energy through each arm and passes right through the heart center!
THE BUSINESS AND MARKETING OF GENTLE, SENIOR AND CHAIR YOGA

WITH

SHERRY ZAK MORRIS
The Business-side of Yoga

Your Followers
- Just like Twitter, teachers have followers
- Your students pay your salary!
- How do you get Followers?
  - Deliver a product someone wants or needs
  - Watch Trends - What’s current?
  - Be the Unique You!

That is why in Yoga we honor our teacher and our teacher’s teachers … because they are a part of YOU!

The Marketing of Yoga

Product Marketing 101
- Find a Niche… and Own it!
  - Broad vs. Deep is like Activa vs. Store-brand Yogurt
- Potential Market Size of your Niche
- Competition in your Niche
- Elevator Pitch
  - Your Yoga Story in 2-3 sentences

I have a passion for teaching yoga to Baby Boomers to help them through their midlife transitions so they can lead a healthy and active life.

I teach Chair Yoga to seniors and the disabled to enable them to feel strong, confident and independent.

I bring yoga to the workplace to teach deskworkers how to counteract the physical and mental stresses of work and life.

I teach Self-Empowerment skills!
FUNDAMENTALS OF VINIYOGA

WITH

JUSTINE SHELTON
Principles of Adaption

- Form versus Function
  - Structural versus Linear Alignment
  - Adapting the Form of Asana to achieve different results
- Release Valves – compensatory mechanisms
- Working with long-term problematic conditions to move in the direction of positive change

Examples: Principles of Adaption

- Feet hip width versus together
  - Healthier for the lumbar spine and joints of the legs
- One arm at a time
  - Lessens workload, reduces stress in neck/shoulders and emphasizes each side independently to work with imbalances
- Sweeping arm movements
  - Used in combination with head movements to stretch, strengthen neck & shoulders
GENTLE YOGA THERAPY

WITH

JUSTINE SHELTON
**Virabhadrasana I - Warrior 1**

Here Jennifer will use a modification to increase the curve in her thoracic spine, as opposed to Gloria using this pose to flatten her thoracic spine.

This is the variation used to flatten the thoracic curve by adducting the shoulder blades and pressing the heart forward. Perfect for Gloria, however, Jennifer already has a flattened thoracic curve so this variation isn't what would serve her best.

Rather than cactus arms and pressing the heart forward, arms straight up invites axial extension without the added effect of taking the thoracic spine into a bit of a back bend.

In this variation, as she exhales and comes out of the pose she drops her chin and rounds her upper back, inviting more kyphosis into the thoracic spine.

Please look closely at Jennifer's thoracic spine in this position. We are using the arm position to really round the upper back and invite more kyphosis into the curve. Remember, yoga therapy is not to bring everyone's spine to look alike - it is working with the spinal curves they have and using the tools of breath and asana to bring balance to the spinal curvatures. One option here would be to have her pause in this position and focus on sending the breath to the back body to help increase the stretch. A good assist would be to place your hands on the students back where you want the breath to go - that gives them a target, so to speak. It is amazing how much difference breath centric asana can make - meaning using the breath to stretch the body from the inside out as the body takes the shape of the various poses.

If you look at me in the next picture, assisting Jennifer, you might notice that this variation of Warrior I would not be a good choice for my spine.
SCIATICA

Sciatica can be a real pain in the butt! True sciatica is caused by compression of the sciatic nerve as it runs through the pelvis, adjacent - or sometimes through - the piriformis muscle. Sometimes the pain is localized in the butt, although it can manifest in different ways all the way down to the toes due to the branching nature of the sciatic nerve. It is important to know that sciatica-like symptoms can also originate in the lumbar spine from disc damage causing nerve compression.

The treatment for these two different origins would be very different. That being said, oftentimes both areas may contribute. I actually am happy when a client with disc damage also has tightness in the piriformis, simply because that means the source of relief is twofold. In this section I will be addressing true sciatica. Know that when a muscle is tight simply stretching it will cause it to contract, first contract the area to increase circulation before stretching and the muscle will be more easily lengthened. This concept is called Proprioceptive Neuromuscular Facilitation (PNF).

ARDHA SALAMBASANA – HALF LOCUST

Practicing a repetitive version of ardha salambasana, alternating between legs, will contract the muscles around the sciatic nerve.

Lie on stomach, gently press pubic bone into floor to lengthen the lumbar spine. Remember, the arms are just decorative, watch for students using them to push themselves up.

Shoulder blades should be drawn toward one another, shoulders away from ears and neck long. Option to repeat pose 3-6 times then hold each side for several breaths.
Balance Class for Seniors

With

Paula Montalvo
**BEND KNEE UP**

This sequence builds on the Arm and Leg Swing concept and adds an outer hip rotation. Once the movement feels confident and natural, add a neck movement to match the movement of the raised arm.

Note: Caution should be taken for anyone who has had a hip replacement.

Stand along side the chair, using one hand for support. On the inhale, lift the outer leg and arm forward, with the knee bent and the foot flexed.

On the exhale, open up the arm and the raised leg to the side. Exhale bring it forward and down. Repeat this movement 3-4 times on each side.

**EYE VISION**

Good vision is critical to good balance. It protects us from tripping over things we don’t see, and watching out for the unexpected. Peripheral vision is an area we can always spend a little more time strengthening.

This sequence keeps the head stationery while only the eyes move in all 4 directions: Side to Side, and Up and Down.

Add to this sequence, by moving the head in the direction of the movement. This action is important in driving, walking and awareness.
**WRISTS UP/DOWN**

This is a gentle pressure to the wrists to encourage and maintain flexibility.

**SHAKE FINGERS**

Moving, twisting and shaking the fingers increases circulation and helps to diminish that feeling of cold hands and fingers. Make sure to take a pause afterwards to absorb the movement of energy throughout the fingers and arms.

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**LOWER BODY POSES**

**CORE STRENGTHENER AND LEG LIFTS**

This sequence works the lower abdominal muscles plus the ankles, feet and toes. Holding on to the chair offers additional support. The straighter the legs, the more the leg muscles work and get stronger.
GENTLE YOGA THROUGH SOMATIC EXPLORATION

WITH

JAMES KNIGHT
**WARMING UP YOUR BODY**

**THE EGYPTIAN**

Time: 5 minutes

Description and purpose

This movement is designed to warm up the entire body. At the beginning you are breaking it down into two movements. After that you will combine them into one spiral movement. Listen to your body and move in a way that feels good to you. Make it an organic process and use your breath to move stagnant energy.

**RAINBOW**

Time: 4 minutes

Description and purpose

This movement is designed to warm up the side body, neck, and shoulders. Move in a way that feels good to you. Explore the space you are sitting in: front, back, and side to side. Make it an organic process and use your breath to move stagnant energy.
**FERRIS WHEEL**
Time: 7 minutes

Description and purpose
This is one of the more playful Somatic Explorations! You can’t stay too serious when you are trying to figure out how to spin in a circle. It is good for your mind/body to explore how to move in a non-traditional way. The brain loves to learn something new!

**TFL RELEASE**
Time: 7 minutes

Description and purpose
The tensor fasciae latae, otherwise known as the TFL, is the muscle that runs from your hip down to your knee. This can get very tight on people, especially men and athletes. This is a very effective way to lengthen and relax this muscle. You are using gravity and the weight of your own leg to reeducate mind to muscle.