The purpose of this one day workshop is to provide healthcare and fitness professionals the mindful therapeutics and fitness techniques to promote health and healing of body, mind and spirit.

Practicing yoga postures can increase flexibility, strengthen muscles, improve posture, and enhance circulation. The practice of yoga is much more than a system of physical fitness; it is a science for balanced living, and a path for realizing full human potential. Yoga for Rehab is modified yoga postures done using chairs, floor, mat, bed, and wall; yoga.

This modified system of yoga postures (asanas), breath and relaxation is adapted to accommodate stiffness, aging, injury and disability. Yoga for Rehab gives the client self knowledge for living comfortably in their body, spine, back, neck, abdominals, hips, legs, feet, shoulders, arms, and hands. In Yoga for Rehab the client learns to become one with their body, using limits due to habit, social taboo, pain or injury as stepping stones to mindful movement.

A 60 page manual with pictures and captions accompanies the workshop.

Wear comfortable clothing and bring a mat and pillow to the workshop.
Registration and Contact Hour Information

Early registration is recommended and is on a first-come first serve basis. Confirmation of registration will be made by phone or by letter. A minimum class size of 15 is required to hold the class. There are no refunds but in the event you cannot attend, we will credit you for future programs. Breakfast and handouts are included in the fee of $175.00.

This Education Program is presented by Continuum Services, which has been approved as a provider of Continuing Education by the New York State Nurses Association’s Council on Continuing Education. The American Nurses’ Credentialing Center’s Commission on Accreditation accredits NYSNA as an approver of continuing education in nursing. This CE program has been assigned approval code 5PPLHS-PPV–073 and awarded 7.4 contact hours.

Register online for this valuable class at www.ceprograms.com

Seats fill up quickly so register early to assure your seat. You can mail, fax or phone in your registration as well.

We accept credit cards and personal checks.

LOCATION AND SCHEDULE

Phillips Beth Israel School of Nursing
776 6th Ave 3rd Floor
NY, NY 10001

DATE: March 10th 2006
TIME: 8:30-9:00 registration and breakfast
9:00-4:30 Program

Target Audience:
Healthcare and fitness professionals interested in mindful therapeutics and fitness.

Objectives: Participants will...
* learn and practice yoga postures, breathing techniques and relaxation and meditation exercises
* learn and define mindfulness while practicing yoga postures, breathing and exercises
* learn to help patients to identify and utilize mindfulness while learning and practicing postures and breathing
* learn how to modify and adapt postures, techniques, and exercises using chairs, rehab mats, floor wall and pillows
* identify limitations due to habit, social taboo, pain and injury and then accommodate these limitations to develop an appropriate Yoga for Rehab practice

Cathy Kaiser, OTR, L combines traditional with alternative approaches in rehabilitation; being a licensed registered occupational therapist with a Master of Science degree in Kinesiology, Biomechanics/Motor Learning, while maintaining certifications in Hatha Yoga, Pilates Core Strength Training, and the Alexander Technique. She practices occupational therapy at St. Lukes Hospital and in private practice specializing in Performing Arts Medicine in New York City. With over twenty years experience as a national educator, she develops and presents “cutting edge” continuing education programs for healthcare and fitness providers integrating Hatha Yoga, Pilates Core Strength, and the Alexander Technique with rehabilitation, fitness, health and prevention. She also presents lectures and workshops nationally for the recognition, relief, and prevention of performance injury.

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