

Continuing Education for Yoga Teachers & Yoga Teachers in Training

Paxson Yoga Center/Gudmestad Yoga Tradition has been sharing yoga with the Portland community for over 30 years. Julie Gudmestad, Physical Therapist, Certified Yoga Therapist, E-RYT 500 and founder of Gudmestad Yoga has dedicated her career to combining the practice of yoga with the knowledge and benefits of physical therapy. Paxson Yoga Center is carrying that mission forward.

Yoga Alliance Continuing Ed credit available.



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center



WE ARE EXCITED to be offering 4 Continuing Education classes for Yoga Teachers and Yoga Teachers in Training this fall. Julie, Hope, Rachel and Laila will be teaching these classes. Enrollment is available online through our website or by calling the studio at 503-223-8157.

Each class is worth 3 CE credits through the Yoga Alliance.



THE ART and BUSINESS of TEACHING PRIVATE YOGA SESSIONS with Rachel Lundberg, E-RYT 500, YACEP

Sunday, September 20, 2020 9:00am - 12:00pm \$75 ea (Bundled: all 4 for \$240)

Have you been wanting to expand your teaching offerings to include private sessions? Private sessions can be a powerful way to help advance a student's practice or just help them get started. They also create the potential for you to increase your income. We will explore how to set up private sessions from a business standpoint as well as a format you can easily follow to help create a valuable experience for you and your student.



INTRODUCTION TO PRANAYAMA with Julie Gudmestad, PT, E-RYT 500

Sunday, October 11, 2020 3:00pm - 6:00pm \$75 ea (Bundled: all 4 for \$240)

Breath awareness is a central pillar in the practices of asana, pranayama, and meditation. In this class, we will study the anatomy and mechanics of breathing, and learn to distinguish normal from abnormal breathing patterns. We'll go on to refine awareness and control of the breath as it applies to the practice of pranayama, with clear steps to lay the foundation for home practice. This class is intended for people who are new to pranayama or the teaching of it. It is not appropriate if you are sick or in a period of mental or emotional distress.



STABILIZING YOUR SI JOINTS with Hope Fyfield, PT

Saturday, November 7, 2020 1:00pm - 4:00pm \$75 ea (Bundled: all 4 for \$240)

Painful SI (sacroiliac) joints can be limiting to one's practice and challenging to manage as a teacher. This class will provide basic anatomy training, including exactly which muscles to stretch and strengthen to assist with managing an unstable SI joint. Also included will be poses to avoid during a flare-up, as well as ways to modify poses to allow every student to enjoy the benefits of yoga without pain. Handout included. Class will be a mix of lecture and personal teaching practice.



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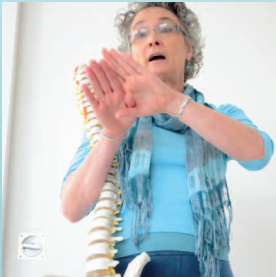
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YOGA FOR BETTER BONE HEALTH with Laila Deardorff, MSPT, Certified Iyengar Instructor

Sunday, December 6, 2020 3:00pm - 6:00pm \$75 ea (Bundled: all 4 for \$240)

Chances are that you have students who have been diagnosed with osteopenia or osteoporosis, as it seems to be more prevalent than ever. Maybe you have concerns about your own bone health, especially if you are post-menopausal. Come learn more about the diagnosis of osteoporosis and osteopenia and how yoga can be used to build bone strength. Research from Dr. Loren Fishman and his 12 yoga poses (A featured story in the NYT in 2015), to be done daily to build bone strength will be presented, as well as how to modify these poses for students of varying abilities.

It is the intent of this course that teachers will come to understand which poses are contraindicated vs. which poses are indicated, as well as the proper alignment for the indicated poses.

CALL OR EMAIL NOW to reserve your spot in this Fall Continuing Education series. You must currently be a yoga teacher or be enrolled in a yoga teacher training program to attend.

REGISTRATION FORM

Class Title	Date	Cost
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I've included my payment for \$ _____

You can register and pay online through our website OR send full payment with this form to 6840 S. Macadam Ave, Portland, OR 97219. Make checks payable to Paxson Yoga Center.

Name: _____ Phone: _____

Email: _____ Where do you teach? _____

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info@paxsonyogacenter.com • www.paxsonyogacenter.com

