

# Gentle and Senior Yoga

Yoga for Every Age  
and Stage of Life



## GENTLE YOGA FOR PLUS SIZES WITH NAOMI JUDITH

**FRIDAY, MARCH 16, 2012 - 1:00 - 6:00 PM - \$79**

This session will offer a comprehensive approach to teaching gentle yoga to plus-sized women, the mobility challenged, and students who are new to yoga. Learn how to approach this audience with sensitivity, compassion and support. Discussions on weight loss and weight control, as well as how to encourage your students to have a daily mind-set of permanent love and support of their body.

### Practicum sessions cover 8 Areas

Each session will include pose sequences that are specifically designed for plus size students. Pose modifications and props will be demonstrated to ensure a safe and accessible practice for your students. You will be provided with teaching scripts and queuing guidelines for each of the following sequences:

- \* Lower back poses and hip openers
- \* Seated sequences head and neck movements
- \* Cat series
- \* Hip openers
- \* Seated spinal twist
- \* Standing positions
- \* Wall stand
- \* Deep relaxation

#### Location:

Yoga Vista Studio  
319 E. Broadway Avenue  
Vista, CA 92084  
760-630-9642  
www.YogaVista.net

#### Average March Temperature:

63 ° high | 46 °F low  
We are confident that the weather will be Warm.

#### Ride Share and Room Share

Let us know, and we will connect you to other teachers looking for the same.

#### Airports:

San Diego Airport (SAN)  
43 miles from Vista  
McClellan Palomar Airport (CLD)  
10 miles from Vista  
Los Angeles Airport (LAX)  
100 miles from Vista

#### Lodging Area Recommendations:

Vista  
Oceanside,  
Carlsbad  
San Marcos

#### Public transportation:

Amtrak Trains: Sprinter and Coaster  
NCTD - North County Transit District