

Proposal for Teaching Plus Size Yoga

Course description

Teaching Plus Size Yoga is based on the principles of **Gentle Yoga with Naomi™** developed by Naomi Judith in 1982. The goal is to make the healthful, calming, rejuvenating movements of yoga accessible to anyone, of any size, at any age. Additionally, the trademarked techniques offer a simple approach to vibrant health and permanent weight management. Teaching Plus Size Yoga is geared to the yoga instructor who wants to have an effective method for teaching the plus size students in their class or to teach only plus size students.

Course presentation

Each class is taught in 4, 8 or 16 hour modules, depending on the number of CEU credits. Based on the **Gentle Yoga with Naomi™** *Teacher Training Manual* and *Student Manual*, each class will provide scripts to teach specific poses including:

- 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

The *Teacher Training Manual* is included with the class.

Teacher

Naomi Judith, M.A., E-RYT, is a certified yoga instructor; trainer, professional speaker, and author who has helped thousands of students reach their health and weight goals over her 25 years of teaching. Her **Gentle Yoga with Naomi™** method has been widely acclaimed by health, yoga, and stress management experts worldwide. Naomi has developed several teaching products to help students at home, including audiotapes and a videotape program, as well as her *Student Manual*. Her *Teacher Training Manual* is a step-by-step guide with scripts and photos to help any yoga instructor teach the Gentle Yoga style. Naomi was the

first Stress Management Specialist for the Ornish Program for reversing heart disease at Scripps Health. She currently teaches Gentle Yoga at Palomar College in San Diego, California.

Testimonials

I found the Gentle Yoga teacher training to be effective and enjoyable.. I learned how the mental aspect in addition to the physical aspect is essential to successful weight loss. Now, I can add these new elements when I teach yoga to my students who may have specific health or weight challenges. ~ Sue Berry, Lakeside, CA

I have a useful addition to my 200 hours which will help me to teach plus size students in my class and more sensitive to their needs. Jordana Carroll, Las Vegas, NV

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.