



ACCESSIBLE & *Trauma Aware Yoga* with BETH SPINDLER

September 6 - 8, 2019 • Garden Club of St. Petersburg

ACCESSIBLE YOGA TRAINING

Accessible training is about bringing those who fear that “yoga is all about achieving poses” to the studio safely. Age, weight, joint, neural and spinal issues should not be prohibitive for students to come and learn the great benefits of yoga. *This is real yoga for everyone!* Learn how to teach all students more effectively.

Friday, September 6 (6 PM — 8:30 PM)
Accessible Yoga 1 - Classic Redeaux

A new look at “favorites” will be about adapting classic yoga postures for all bodies and minds in the class. We’ll talk about what accessibility means in yoga and have fun with creativity games.

Saturday, September 7 (9:30 AM — 12 PM)
Accessible Yoga 2 - Beyond Poses

Yoga therapeutics from the feet up, along with techniques to help with breathing and meditation.

Trauma Aware Training

Trauma training deals with PTSD, triggers and how yoga heals. Learn how incorporate trauma sensitive yoga to every class, as it’s estimated that over 50% of students have suffered trauma, physical, sexual or emotional abuse. Learn how to bring laughter and joy to yoga class, as students learn to heal deep seated issues.

Saturday, September 7 (1:30 PM — 4 PM)
Trauma Aware Yoga

What does trauma look like in the brain and body and how yoga helps.

Sunday, September 8 (9:30 AM — 12 PM)
Yoga Therapy for Fear - Vagus Techniques

Based on Beth’s book, *Yoga Therapy for Fear, Treating Anxiety, Depression and Rage with the Vagus Nerve and Other Techniques*.



BETH SPINDLER
C-IAYT, ERYT500

Beth Spindler C-IAYT, ERYT500 is a yoga therapist, teacher, and published writer on yoga related subjects.

A frequent contributor to YogaInternational.com, she has offered yoga therapy in hospitals, clinics, and schools and has been on staff as a yoga therapist at the Himalayan Institute, Omega Institute, and in centers for addiction and recovery. Beth travels worldwide offering inspiring retreats and trainings at Sivananda Ashrams and private retreat centers. She has studied and taught yoga and meditation since the 1970s and found her teacher Eknath Easwaran in the 1980s. Since then she has studied with senior teachers of the Iyengar and Desikachar lineages. She utilizes techniques from her studies of Tantra via the Himalayan tradition, ParaYoga, Yin, Phoenix Rising, and Anusara principles. She was the education director of a 200 and 500 hour teacher training program, as well as the executive director of the nonprofit yoga education center. Her work includes employment as a medical yoga therapist and holistic liaison at a major medical facility where she lectured interdepartmentally on stress management and yoga therapy. She has worked with all age groups and levels, bringing yoga to college campuses, homeless shelters, juvenile detention, advanced studies programs, churches and public schools. Beth has had the pleasure of seeing teachers develop, and minds and bodies heal, through the gifts of her teachers and looks forward to seeing yoga integrated into world medicine.

View Beth’s videos at <http://www.teachtoinspire.com/outreach>

REGISTRATION: See reverse side or visit www.floridayogateachers.org



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PAYMENTS & REGISTRATION

Entire Workshop (Regular): \$200

Entire Workshop (Member Rate): \$185

Individual Sessions: \$55 each

FYTA Members may send a \$50 non-refundable deposit to hold your space. Balance due August 20, 2019.

Mail Payments & Registration To:

Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Call Susan at
(727) 302-0909
with any questions

Or, pay online at www.floridayogateachers.org

Garden Club of St. Petersburg

500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), FYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the workshop.

View the hotel at www.crystalbayhotel.com. For special FYTA pricing, call Kathy Weed at (727) 914-7676, ext. 2806.

ACCESSIBLE & Trauma Aware Yoga with BETH SPINDLER FYTA REGISTRATION FORM

Name _____

Street Address _____

City _____

State _____

Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

Entire Workshop
Regular Rate

Entire Workshop
FYTA Member Rate

Accessible Yoga 1
Friday Evening

Accessible Yoga 2
Saturday Morning

Trauma Aware Yoga
Saturday Afternoon

Yoga Therapy for Fear
Sunday Morning

Enclosed is a check payable to FYTA in the amount of

\$ _____