

THERAPEUTIC YOGA FOR OLDER ADULTS

with LUCY HOLMES, C.O.T.A., YOGA THERAPIST



Independent Wellness with Yoga

Friday, March 31, 2017

2:30-5:00pm

\$35 if registered by Mar. 15

\$45.00

Laguna Madre Yoga
Meditation and Dance
South Padre Island

5009 Padre Blvd, Ste 12

South Padre Island, TX 78597

956-761-9642

www.lagunamadreyoga.com



Yoga Therapy is an effective and compassionate healing modality that integrates the physical, mental/emotional and spiritual components of human life. Yoga Therapy can be applied in a small group or a one-on-one relationship of client and therapist. Since it is holistic, it encompasses a full picture of health via three aspects. The first is the physical practice of asana to rehabilitate and heal from injury, regain balance and functional movement, and to lessen chronic pain. The second aspect is breathing, meditation, and concentration techniques which address behavioral and emotional issues, including anxiety and trauma. The third aspect focuses on seeing the spiritual Divine Nature that Yoga philosophy embraces as our True Self. This workshop will teach you how to address the needs of older adults with either chair or mat asana through the kinesthetic experience of actual practice and through inquiry, discussion and demonstration.

Lucy T. Holmes, C.O.T.A., Yoga Therapist, has been practicing and teaching yoga for over twenty years. Her background includes training in the Dynamic, Iyengar, Anusara, Astanga, and Kripalu traditions of yoga. She completed her first 200 hour Yoga Teacher Training at Kripalu in 1994, and from 2002 to 2004 she attended a state certified, 723 hour advanced studies program in Piedmont, California where she focused on Yoga for Disabilities. In addition she holds a degree as a Certified Occupational Therapy Assistant and has worked as a home health caregiver since 2009. Lucy has worked with a variety of populations, including seniors and those with mental and physical disabilities. Her approach is informed by her practice of massage therapy from 1989 through 2004, and her participation in Native American, Buddhist, and Indian ceremony and teachings, and by her love of the nature, dance, and music. www.independentwellnesswithyoga.com

