



*“The clearest presentation I’ve ever received! I would happily stay longer, even 10 days with just the material we covered this week! This was absolutely among the most informative and transformative trainings I’ve ever taken.”*

*-Rachel*



Robin Rothenberg has been training yoga teachers to become more highly skilled in their application of therapeutic yoga for over 20 years. She has been cited in numerous

publications for her involvement in yoga research, particularly for her work with lower back pain. To learn more about Robin go to the Essential Yoga Therapy website.

# The Essential Low Back Teacher Training

**Robin L. Rothenberg, CYTh.**

with Rachel Lanzerotti, EYT CYTh, MSW

**Aug. 22-27, 2017**

**With yoga-related back injuries on the rise and millions of people suffering from chronic lower back pain, it’s time for yoga teachers to be proactive! This training is based on the methodology used in the groundbreaking National Institutes of Health studies published in the Annals of Internal Medicine and Archives of Internal Medicine.**

*In this 5 day intensive, you will learn how to prevent future injuries and support your students in healing their backs with yoga.*

You will also develop the means to intelligently address the primary low back dysfunctions:

- Hypo-mobility, arthritis and stenosis and muscular weakness
- S.I. destabilization and hyper-mobility
- Pelvic misalignment
- Lumbar-disc conditions
- Scoliosis

With Robin's expert guidance, you will learn the importance of breathing, sequencing, and adaptation as key elements in addressing therapeutic issues. The training focuses on functional anatomy of the pelvic girdle, strengthening exercises that develop the Inner Core, and developing an understanding of how to organize a yoga practice to ensure your students’ safety and pain relief. The daily workshop format will include developmental and therapeutic practices, teaching practicum, and case studies to provide you with an abundance of knowledge and skills that you can immediately utilize. Tuition includes a manual, Yoga Alliance Continuing Education Credits and certification to teach The Essential Low Back Program as a series.

**Tuition: \$650 Early Bird: \$595  
if paid before July 15, 2017**

**Tues: 6:00 p.m. - 8:30 pm**

**Wed - Sat: 8:30 am - 6:00 pm**

**Sun: 8:30 - noon**

**38 YA Cont. Ed. Credits available**

**Location: Essential Yoga Therapy Studio**

**4030 356th Dr. S.E. Fall City, WA**

**25 miles east of Seattle. Local airport: Sea-Tac**

Deposit of \$250 is due upon registration to secure your place in the course. Cancellations 30 or more days prior to the start of the course will receive a full refund, minus a \$50 admin fee. Cancellations 14 days prior to the start of the course will receive a 50% refund minus a \$50 admin. fee. No refunds or exchanges can be given after Aug. 15. Essential Yoga Therapy Studio reserves the right to cancel any program at any time. If this is necessary, we will issue a full refund.



[www.essentialyogatherapy.com](http://www.essentialyogatherapy.com)

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