



The Piedmont Yoga Studio is pleased to present:

TEACHING YOGA TO PEOPLE WITH DISABILITIES: A Workshop For Teachers and Caregivers with JoAnn Lyons



4 Sessions:

Sundays, March 7, 14, 21, & 28, 2010

1:15-4:15 pm • Studio 1

Fee: \$195*

by Nancy Ellen Jones 2006

How do you feel about teaching yoga to someone in a wheelchair? What will you say when a potential student calls and says, "I have ALS / Multiple Sclerosis / Cerebral Palsy / (fill in the blank), can I come to your yoga class"? This workshop will not only help you answer that question, it will also offer you a different way of approaching your own practice and teaching.

In this workshop, we will explore the dynamics of working with people with disabilities on an emotional as well as physical level, discussing a variety of disabilities and how they might affect a student's yoga. This will include people who are in wheelchairs as well as those whose disability is not so obvious. We will work together to discover and create a yoga practice for students with varying abilities.

JoAnn Lyons has been teaching yoga to people with disabilities in the Bay Area for over ten years, because she believes that yoga should be available to everyone. She began offering workshops and apprenticeships so she would have assistance in these classes. She has developed a unique way of presenting her work to teachers that both inspires them and gives them confidence.



Piedmont Yoga Studio
3966 Piedmont Avenue • Oakland
For more information call JoAnn at 510.261.8165

Registration: **Teaching Yoga to People with Disabilities** with JoAnn Lyons
*Fee: \$195 before Feb. 28, \$205 after • Sundays, Mar. 7, 14, 21 & 28 • Studio 1

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$195. Cancellations prior to Mar. 1 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Feb. 28.
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.