



SunLight Chair Yoga

# Chair Yoga Teacher Training in San Rafael, CA

Sat/Sun July 22-23; 12pm-6pm

Body Wise Studio, 999 Andersen Dr Ste 170, San Rafael, CA 94901

- Learn to make Yoga accessible for seniors, those with disabilities, limited mobility, if chronically ill, for Alzheimer patients, for pre-/post-surgery or with injuries.
- Teach in senior homes, community centers, hospitals, companies and non-profits.
- Learn to teach yoga modified seated and standing using chairs for support.
- Start your own Chair Yoga classes at libraries, hospitals, community centers & more.
- For Yoga teachers, caregivers, nurses, PT's or those wanting to share Chair Yoga



**Instructor:** Stacie Dooreck, Certified Sivananda Yoga Instructor since 1995, and author of SunLight Chair Yoga: yoga for everyone! books.

**INCLUDES:** 150+pg teacher training manual, certificate of completion

**FEE:** Registration fee: \$345 Make check payable to Stacie Dooreck PO Box 931 Ross, CA 94957

Register and info. at: [www.sunlightchairyoga.com](http://www.sunlightchairyoga.com)

Email: [info@sunlightyoga.com](mailto:info@sunlightyoga.com) Tel: 415.689.6428