



**National
Multiple Sclerosis
Society**
Arizona Chapter

Presents a 2-day Professional

Education Certification on Yoga & MS

A 21st Century Yoga Response to MS:

Moving beyond just asana to be in the world with an MS diagnosis

Agenda

Saturday October 9, 2010

0830-0900 Registration

0900-0930 What is MS?

0930-1030 What is Yoga (beyond asana)?

1030 What is Disability? Who has Disabilities?

1100 Establishing Studio Presenting

1130-1230 The Importance of Family/Caregiver and Home Programming

1230-1:00 pm Lunch

1:00 Lab: Cuing to Facilitate Subtle Proprioception

2:00 Lab: Pranayama on the street

3:00-3:10 Break

3:10 Creating a Private Yoga Session

4:00 Lab: Graduate Level Props, Blocks and Straps

4:30 Adjourn

Sunday October 10, 2010

0900 Teaching the Philosophy of Yoga in Peoria, Illinois (acceptable to anyone)

1000 Running Large Group Classes Safely

1100 The Fickle MS Consumer: Meeting the Market Needs

1130 Becoming Healthcare Team Members: Professional Communications/Marketing/Ethics

1230-1:00 pm Lunch

1:00 Case Demo with Volunteer with MS

2:30 Lab: Hands-On Practice with Volunteers

4:00 Next Steps/Q& A

4:30 Adjourn