

Yoga for Women Cancer Survivors Teacher Training

Aug 19-23, 2010 - Essence of Yoga Studio, Holbrook, NY

taught by Tari Prinster

Yoga is not one-size-fits-all.

Yoga for cancer survivors is not just another gentle yoga class.



This unique 45 hour training program offers certified yoga teachers the opportunity to learn about the limitations imposed by breast cancer surgeries, the many lifelong side-effects, the vulnerabilities of cancer treatments and reconstruction. You will learn which asanas help or harm, how to modify poses using props and how to integrate specific healing movements for common issues such as lymphedema, fatigue and osteoporosis.

You will gain the skills and confidence to teach a yoga class that cultivates hope, removes stigma and provides healing and benefit for these warrior women.

The 45 hour training includes:

- Lecture and discussions
- Analysis of appropriate and non-appropriate poses with attention to the special benefits for cancer survivors
- Guidelines to make simple vinyasa sequences
- Practice teaching
- Discussion about how to get referrals and start a survivor yoga program.



Upon completion of our one-of-a-kind program, you will:

- Be invited to join the OM yoga for Women Cancer Survivor on-line community which offers resources, referrals, and Q&A with Tari on her blog.
- Receive a Certificate of Completion which may count toward Continuing Education through the Yoga Alliance.

How to Begin

You are eligible to apply if you are a yoga teacher certified at the 200 hour level, inspired to extend your teaching into a growing area of need, and interested in offering intelligent, beneficial group or private yoga classes for women cancer survivors. Apply NOW.



TUITION: \$500
(Earlybird \$475 register by July 16)



About Tari

Tari Prinster is a cancer survivor and a yoga teacher. Tari started yoga at age 50. That was 16 years ago, now she considers herself an example that it is never too late to start change.

Through yoga, she found not only a way to reduce pain, strengthen the immune system, feel younger and stay healthy, but also emotional guidance. She created this yoga program at OM Yoga in 2003. Her forthcoming book, *The Yoga Prescription: Using Yoga to Reclaim Your Life During and After Cancer*, is a practical guide demonstrating how and why yoga can help reduce and counteract the life long risks, challenges and often ignored long-term side effects that result from cancer treatments.

Tari is Principal Teacher of Yoga for Women Cancer Survivors Program at OM Yoga, NYC; Director and Principle Teacher of the Woman Cancer Survivor Teacher Training at OM Yoga, NYC; Yoga Program Director for The Libby Ross Foundation; YogaBear, Advisory Board Member; and Living Beauty Foundation, Advisory Board Member

She is a regular presenter at the Yoga Journal Conference. Her abstract entitled, One-Size-Does-not-Fit-All: Teaching teachers how to teach yoga to cancer survivors, was presented at SYTAR Conference, 2007.

[Read a very special article written by Tari Prinster about teaching OM yoga to Women Cancer Survivors. Go to: http://www.omyoga.com/index.php?option=com_content&view=article&id=208%3Ayoga-by-the-numbers-by-tari-prinster&catid=83&Itemid=82]

What others said about the training

"I am so grateful that OM has committed the resources to WCS teacher training. As a breast cancer survivor who practiced throughout all treatments, I learned first hand the many benefits of yoga and wanted to find a way to share this with the community. The teacher training was informative and inspirational. I now have the knowledge to respectfully teach survivors and create a community of support. Thank you for valuing this cause by taking action and offering the WCS training. Much gratitude, Karen Gagnier."

"This training was exactly what I needed to fill in the gaps of my own knowledge and former training. I feel much more confident and I am able to approach my patients with greater awareness." OM yoga for Women Cancer Survivors graduate.

"I just wanted to say how much I value everything that I learned from the OM yoga for Women Cancer Survivors teacher training. The team teaching was awesome and the depth of knowledge was a perfect combination. I have come away totally humbled and inspired. I have been working on my final essay and am amazed at how much we learned, how well the class was designed and how sensitively the material was presented. I wanted to congratulate Cyndi Lee for providing me with such a wonderful experience at OM yoga." OM yoga for Women Cancer Survivor graduate.

For further information contact Linda Hacker (createspace@optonline.net) or Tari Prinster (tarip@earthlink.net)