



Long Island Yoga Association

November Workshop

Saturday, November 13, 2010

10:00 a.m. to 2:00 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

Therapeutic Yoga for the Spine: Yoga as a Tool for Creating Wellness With Joanne Cesiro, DPT and Dr. Keri Chiappino

Yoga therapy is an emerging field in America, as yoga is being embraced as both a health and wellness practice. According to Cary Wing, executive director at the Medical Fitness Association in Richmond, VA, yoga is offered at 93 percent of 755 integrative medical centers, which combine western and alternative healthcare methods. Today, more and more people are turning to complimentary alternative medicine techniques in order to resolve a wide variety of disorders, from musculo-skeletal in nature, to cardiovascular and neurological. There is evidence that certain yoga postures offer effective treatment for conditions such as chronic pain and range of motion deficits resulting from trauma and/or the degenerative process. This workshop will incorporate basic anatomy, diagnoses of the back, precautions and contraindications as well as asana sequences which we will practice together.

Joanne Cesiro, DPT, is a Doctor of Physical Therapy currently working as a Staff Physical Therapist in Stony Brook University Hospital's Outpatient PT clinic. She treats orthopedic, neurological, chronic pain and lymphedema patients, and teaches a therapeutic yoga class to patients one evening a week at the clinic. She is an Assistant Clinical Professor in Stony Brook University's PT program, and is a speaker for Cross Country Education on the subject of Therapeutic Yoga. She has been a student of Iyengar yoga since 1979, and traveled to India to study with the Iyengar's in 1995. She holds an Introductory Level Certification in the Iyengar method, and is a member of the International Yoga Therapist Association. She has been teaching yoga on Long Island for over 20 years, and is a past president of the Long Island Yoga Association.

Dr. Keri Chiappino has been practicing yoga for fourteen years and earned her RYT from The Yoga Room. She is a board certified chiropractic neurologist who specializes in treating children and adults with neurological challenges. Bringing yoga to her patients has been an essential tool in their recoveries. She currently maintains two practices in Smithtown and NYC

Please bring any props that you have, including: sticky mat, belts, blocks, blankets and bolsters.

Registration begins promptly at 9:45 a.m.

A light vegetarian buffet will be served at 1:15 p.m.

Please bring a non-perishable food item for donation to a local food pantry.

REFUND POLICY: If you pay a workshop fee in advance and then find you cannot attend, **credit will be applied to the next month's workshop or, if you have paid for that workshop, then credit will be applied to the next unpaid workshop. If the credit is not used at that time, it will be forfeited and placed into the Retreat Scholarship Fund.** However, you **MUST** send in your registration and mark it "**credit from last month.**" If we do not receive your registration, we cannot reserve a space for you. In addition, you **MUST** notify us a minimum of 48 hours prior to the event if you are not attending. Failure to give us 48 hour advance notice at (631) 261-1777 will result in forfeiture of workshop fee.

Long Island Yoga Association

PO Box 657, Northport, NY 11768

Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com

Website: longislandyogaassociation.org

Please make checks payable to: LIYA

Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

- I will attend the November 13 workshop (member) \$30 enclosed/\$35 at the door.
 I will attend the November 13 workshop (non-member) \$45 enclosed/\$50 at the door.
 I will attend the November 13 workshop. I have a credit from last month.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used. **If you are NOT notified, your registration has been accepted. We will see you at the workshop.**

Name _____ Phone _____

Address _____ Zip _____ Check# _____

Email _____