



YOGA AS THERAPY

MODULE 3

WITH

DOUG KELLER

In this year's training Doug will:

- ◆ **Go further in depth into methods of assessment and evaluation**
- ◆ **Give us tools for formulating a therapeutic approach to problems**
- ◆ **Share insights from Ayurveda and therapy**
- ◆ **Teach new insights into fine-tuning the practice of asana**
- ◆ **Reinforce and go into greater depth into topics from previous trainings.**
- ◆ **Include a "case study" approach to specific problems such as shoulder injury, taking you step-by-step through the process and refining your skills and insights**

The training will take place in a retreat setting allowing time for asana practice, guided meditation, guided pranayama and hands-on sessions. We will end each day with informal discussions on a range of topics from the philosophical to the very practical regarding yoga therapy.

A specific description of the topics to be covered will be provided in the early part of next year. We will be limiting the size of the group to 45 because it ensures a good experience for everyone! We recommend you are familiar with Doug's two volume Yoga As Therapy. Previous Modules are not a requirement to attend this training.

Where: Bergamo Center
Dayton, Ohio

www.BergamoCenter.org

When: June 2-6, 2010

Cost: \$795 for a Shared Room/Private Bath
\$895 for a Private Room/Private Bath

(There are a limited number of private rooms)

(Payment option is available)

A \$50 Non-Refundable Deposit will Secure your Place.

Cancellation Policy: Cancellations within 60 days of event will receive a refund less \$50. Cancellations 59-31 days will receive a refund less \$100. No Refunds can be made within 30 days of the event unless the space can be filled.

Information and Registration:

Sharon Shultz
10950 Cherokee Drive
Lakeview, OH 43331
shultzlake@woh.rr.com
937/843-6638

Name _____

Address _____

Phone _____

Email _____

Make Check Payable to Sharon Shultz