

BURNOUT PREVENTION YOGA

For Healthcare Professionals

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~Take care of yourself so you can help take care of others~

Yoga Therapeutics with *Bea AmmidownE RYT 500

From

The YogAbility™ Institute A nonprofit corporation
Santa Monica, CA 90402

Sunday Dec.2. 2012 / 10 AM-1 PM

Santa Monica home/studio

Fee: \$50

Agenda

~ Gentle Restorative poses ~ Partner supportive yoga ~ Stretching safely ~ Energizing muscle strengthening ~
Breathing for energy, heat & cooling ~ Utilizing useful props ~ Creating a healing space
~Deep Relaxation ~ Meditation ~ Quiet Mind ~

No experience necessary!

"By training caregivers we quickly broaden the base of knowledgeable practitioners who can then immediately go back and begin providing the health promoting benefits of Yoga to their patients and students"

ABILITY Magazine, The nation's premier publication addressing issues that affect
Americans with disabilities featured Bea Ammidown's YogAbility.

*Bea Ammidown, certified Yoga Therapist with over 40 years of practice that includes trainings for Childrens Hospital LA, Kaiser Permanente, Los Angeles Caregiver Resource Center & AARP.



For information and registration call 310. 358.333 bea@yogability.org

www.yogability.org