

## An Introduction to Yoga for Physios

This new and exciting one day Yoga course will enable participants to:

- Understand the background and latest evidence for using yoga as part of a patient's treatment & management.
- Practice some common yoga postures, explore what they 'do' in terms of alignment and movement function and how they may feel to patients
- Develop a clinically based approach to using these postures as part of a treatment plan
- Discuss their benefits and in a practical setting explore how to adapt these postures to use with patients with a wide variety of conditions
- Develop a plan of postures to work with patients on a 1-2-1 basis or a small group setting e.g as a component of a back pain class

This Course is taught by Sarah Marsh BSc (Hons) Physiotherapy, MCSP, a highly experienced Yoga practitioner and Physiotherapist.

(Sarah is an MSK physiotherapist and a qualified yoga teacher. She started her yoga practice in 1999 and became a teacher in 2008 studying for 2 years with the Yogacampus in the UK and also in India and Australia. She has extensive experience in both teaching Yoga and training yoga teachers. Her Physio and yoga backgrounds give her a unique perspective on how to integrate both in the management of a range of clinical conditions.)

**Venue: Barefoot Birmingham. 7 High Street, Harborne, Birmingham, B17 9NT**

**Date: Sunday 20<sup>th</sup> October 2013 ( 9-4.30pm)**

**Cost: £95 ( Lunch Included)**

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