



# Body Balance Yoga®

## 12th Annual Therapy Training & Certification Program

with Jenny Otto, E-RYT500, Anusara Certified & Certified Structural Integrator

**2011 Dates** *(Dates subject to change, check website for updates)*

<b>July 23-24</b>	<b>WSY Silver Spring</b>	Foundation - feet, knees, shins
<b>August 20-21</b>	<b>WSY Silver Spring</b>	Pelvis, low back, legs
<b>September 17-18</b>	<b>WSY Takoma Park</b>	Shoulders, mid back
<b>October 22-23</b>	<b>WSY Silver Spring</b>	Anatomy of the diaphragm, breath, the proper use of pranayama, sound healing and breathing conditions
<b>November 19-20</b>	<b>WSY Silver Spring</b>	Neck, shoulders and special conditions with Guest Gina Sager for Yoga Nidra and Ayurveda



### Location & Hours for Training

To register, please email registrar@willowstreetyoga.com

**Willow Street Yoga** 8561 Fenton Street • Silver Spring, Maryland 20910  
6930 Carroll Avenue #100 • Takoma Park, MD 20912-4439

Saturdays: 12:30pm - 8:30pm with break from 4:30-5:45pm

Sundays: 9am - 6 pm with break from 12:30-1:45pm

### Tuition

- Early bird registration for Willow Street training is \$1300 by June 24, 2011.
  - After June 24 it is \$1600.00 for the entire program or \$350 per weekend.
  - Missed weekends may be made up in 2012.
  - Deposit is \$200 by June 24, 2011.
  - Non-refundable administration fee \$200.
- Alternative payment plan:**  
 \$300 deposit due July 1, 2011  
 \$350 due August 20, 2011  
 \$350 due September 17, 2011  
 \$340 due October 22, 2011

**Yoga** is extremely effective in a therapeutic way when following precise universal and sound biomechanical principles of alignment. Learn connective structural relationships to find the trails that lead to pain. This workshop will address how to relieve pain from common injuries and special conditions, such as neck and shoulder pain, knee misalignments, sacral and lower back pain, sciatica and more. We will see how precise alignment can actually begin the healing process and release chronic pain and tension. The workshop will give you hands on practical tools on how to help relieve pain. This workshop is for Yoga Teachers, Serious Students, Personal Trainers and Health & Fitness Professionals. It is not meant for beginning students. The series of workshops is designed to:

- Recognize common misalignments - the art of seeing.
- Deeper understanding of anatomy and the nervous system.
- Understand the structural Anatomy trains® lines that support a healthy body.
- Learn how to use Hatha Yoga therapeutically.
- Alleviate pain and begin to reverse the effects of chronic imbalances.
- Give the health and yoga professional more skills to help their clients.

**Jenny Otto**, E-RYT500, Founder Body Balance Yoga; Anusara Certified Yoga Teacher; Certified in Kinesis Myofascial Integration; Professional Structural Integrator; Teaching therapeutic classes since 1981.

**Body Balance Yoga®** is a member school of International Association of Yoga Therapists

"This is the gospel of Structural Integration: When the body gets working appropriately, the force of gravity can flow through. Then, spontaneously, the body heals itself" -Ida P. Rolf



An innovative and dedicated yoga teacher, Jenny is a celebrated yoga therapist and teacher trainer who has been teaching and developing wellness and exercise programs since 1980. The capacity to transmit movement information depends on a teacher's embodiment. Central to embodiment is one's own kinesthetic empathy which Jenny owns through personal practice and teaching yoga for twenty one years. She is nationally known for her in-depth understanding of anatomy and therapeutics, investigating the domains of functional rehabilitation, biomechanics and the nervous system. Jenny shares the depth of her knowledge and her love of yoga as she travels both nationally and internationally teaching workshops, residencies, teacher trainings and yoga therapy teacher trainings. She brings warmth, humor, practical knowledge and creativity to her teaching, and loves empowering students with progressive techniques to move them beyond their perceived limits.

Jenny co-founded and co-directed the teacher-training program for Willow Street Yoga Center, the largest Anusara Center on the East Coast, from 2002-2007. She co-founded Golden Heart Yoga with one of her students from 2004-2009. She began studying with Thomas Myers of Anatomy Trains® in 2007 and is certified with Mr. Myers in Structural Integration. As founder and director of Body Balance Yoga®, Jenny shares her extensive background and unique approach to pain management to help people transform their physical discomfort and to train yoga teachers in the art and science of therapeutic yoga.

Body Balance Yoga® blends the wisdom of ancient healing modalities with an in-depth exploration of anatomy and therapeutics to create a cutting edge yoga system based on deep awareness of body-mind integration. In a Body Balance Yoga® class, you'll explore timeless teachings along with present day wellness and medical research including modern biomechanics and the nervous system as well as sound, mudra, pranayama, visualization and meditation. Emphasis is placed on providing teachers with a range of tools to help each student express the essence of the human spirit. Poses are creatively adapted to serve every student's potential and journey into their own embodiment.

In addition to yoga classes, Body Balance Yoga® is a Registered Yoga Alliance School at the 200- and 500-hour level and offers trainings, workshops and certifications. Body Balance Yoga® is also a member school of the International Association of Yoga Therapists (IAYT).

***Seeing is touch at a distance***

-Dr. Ida P. Rolf

