



Yoga After 50

Prime of Life Yoga®

Level IV Teacher Training

March 21st – 24th, 2024

Thursday-Sunday 9:00am-5:00pm

Lunch break (varies) between 12:00-2:30pm

**Schedule subject to change*

SCHEDULE OF EVENTS

THURSDAY, March 21st

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|-------------------|--|
| 9:00am – 9:30am | Introductions and Burning Questions about Yoga After 50 |
| 9:30am – 10:45am | Prime of Life Yoga Blend #1 <i>Larry Payne, Ph.D., C-IAYT, E-RYT500</i> |
| 10:45am – 11:00am | BREAK |
| 11:00 – 1:00pm | Questions Yoga Teachers Need to Know How to Answer <i>Brenda Feuerstein, C-IAYT</i> |
| 1:00pm – 2:15pm | LUNCH |
| 2:15pm – 3:45pm | Yin Yoga with Terra Gold |
| 3:45pm – 4:00pm | BREAK |
| 4:00pm – 5:00pm | Pranayama & Relaxation Techniques <i>Larry Payne, Ph.D., C-IAYT, E-RYT500</i> |

FRIDAY, March 22nd

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|-------------------|--|
| 9:00am – 10:00am | Prime of Life Yoga Blend #2 <i>Larry Payne, Ph.D., C-IAYT, E-RYT500</i> |
| 10:00am – 12:00pm | Laughter Yoga and Healing <i>Joseph Weiss, M.D., Clinical Professor of Medicine</i> |
| 12:00pm – 12:10pm | BREAK |
| 12:10pm – 1:40pm | Introduction to Trauma-Informed Yoga Hala Kouri, MA, C-IAYT |
| 1:40pm – 2:40pm | LUNCH |
| 2:40pm – 4:10pm | Ayurveda for Aging Anjali Deva Ayurvedic Practitioner |
| 4:10pm – 4:25pm | BREAK |
| 4:25pm – 5:00pm | Breathing/Relaxation Techniques Larry Payne Ph.D. CIYAT, E-RYT500 |

SATURDAY, March 23rd

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|-------------------|---|
| 9:00am – 11:00am | Introduction to Yoga Therapy Larry Payne Ph.D. CIYAT, E-RYT500 |
| 11:00am – 11:15am | BREAK |
| 11:15am – 12:30pm | Prime of Life Yoga Blend #3 |
| 12:30pm – 1:45pm | LUNCH |
| 1:45pm – 2:45pm | Applied Anatomy: Neck and Shoulders <i>Steve Paredes, D.C., CYT</i> |
| 2:45pm – 3:00pm | BREAK |
| 3:00pm – 4:00pm | Yoga for Neck and Shoulders Practice <i>Steve Paredes, D.C., CYT</i> |
| 4:00pm – 4:15pm | BREAK |

4:15pm – 4:45pm

Review Quiz

4:45pm – 5:00pm

Relaxation Techniques

Larry Payne, Ph.D., C-IAYT, E-RYT500

SUNDAY, March 24th

9:00am – 9:15am

“Ask Larry” Q & A with Larry Payne, Ph.D.

9:15am – 10:15am

Applied Anatomy: Feet

Steve Paredes, D.C., CYT

10:15am – 10:25am

BREAK

10:25am – 11:45am

Yoga for the Feet Practice *Steve*

Paredes, D.C., CYT

11:45am – 1:00pm

LUNCH

1:00pm – 2:30pm

Motivational Interviewing

Techniques-Helping Your Students Go

Deeper Into Their Practice and the

Benefits Sampurna Chikitsam (Putting it

all together) *Deborah Myers MS, CYT*

2:30pm – 2:45pm

BREAK

2:45pm – 4:00pm

Prime of Life Yoga Blend #4

4:00pm – 4:10pm

BREAK

4:10pm – 4:40pm

Evaluations for Level IV

4:40pm - 5:00pm

Closing Circle