

# 'Knowing Our Bodies Better'

## with Rachel Krentzman, PT, E-RYT

### Yoga for a Happy Back Certification 10 Day Intensive, July 7-16, 2016



*A unique 70 hour certification program designed for Yoga teachers who wish to continue their education in anatomy, therapeutics and yoga for spinal health. (200 hour teacher training required).*

This specialized certification offers the experience and knowledge needed to build Yoga programs for individuals and groups with specific spinal conditions.

The teacher training is presented in two major parts:

#### **The Lower Back, Pelvis and Hips Workshop**

Specific therapeutic sequences for conditions including sciatica, disc herniations, spinal stenosis and sacroiliac joint dysfunction will be explored in relation to the functional anatomy and biomechanics of the lower back area. Participants will also learn how to identify improper movement and alignment and develop yoga programs to reverse and prevent further damage.

#### **The Upper Back Workshop**

Through yoga practice and hands-on experience, participants will develop a deep understanding of how the thoracic and cervical spine/shoulder areas work and how to address injuries and dysfunction for the upper back and shoulder area including degenerative disc disease, nerve root impingement, rotator cuff tear/tendonitis, and more.

For more information see: [www.happybackyoga.com](http://www.happybackyoga.com)

**Cost:** Earlybird (By June 1, 2016) \$1,525. Regular: \$1,675

#### **Registration for all workshops:**

[www.prana-yoga.com](http://www.prana-yoga.com)

**Location:** Prana Yoga Center,  
1041 Silverado St, La Jolla, CA 92037



### Yoga Wall Workshops

#### **Creating Space: Yoga for Scoliosis**

**June 29, 7:15 – 9:15 PM**

Using a unique series of yoga postures combined with therapeutic techniques on the yoga wall system, participants will learn new ways to create length and traction in the spine. Normalizing the curvature of the spine and opening up restricted areas that contribute to pain and dysfunction will be explored.

#### **Reversing the Aging of the Spine Series**

**July 6, 7:15 –9:15 PM**

Created by Purna Yoga founder, Aadil Palkhivala, the reversing the aging of the spine sequence allows for every possible movement in the spine while in traction leaving the spine more flexible and younger.

**Cost:** \$55. Pre-registration required.

#### **Rachel Krentzman PT, E-RYT**

combines 18 years of Physical Therapy experience with more than 15 years of Yoga studies. Her treatment methods involve a highly effective approach to healing the whole person.

Rachel received her 2000-hour certification from the College of Purna Yoga™ with Aadil Palkhivala and has studied Yoga therapeutics. She is the founder and director of Embody Physical Therapy and Yoga in San Diego, CA.

For more details and/or questions: contact Rachel at 619-261-6049 or [rachel@embodyphysicaltherapy.com](mailto:rachel@embodyphysicaltherapy.com)

[www.embodyphysicaltherapy.com](http://www.embodyphysicaltherapy.com)

*“Rachel’s workshops combine sound scientifically-based knowledge with the wisdom of Yoga. Rachel is an eloquent speaker, a natural teacher and a gifted healer. I felt like I learned more than I expected to learn in an experiential way and had a lot of fun doing it.”*

**Christine Carr,  
MSPT, COMT,  
RYT Denver, CO**

