Dr. Timothy McCall

Saturday-Wednesday, May 20 - 24, 2017 or
Weekend-only option: Saturday-Sunday, May 20 - 21, 2017
Times: 9:00 am – 4:30 pm

Yoga As Medicine is a 5-day, 30-hour, hands-on, roll-up-your sleeves intensive workshop, with much of the time spent doing yoga therapy in small groups under Timothy's supervision. Practice observing bodies, study breathing patterns, analyzing *doshas* (body-mind types as described in ancient Ayurvedic medicine), and tailoring personalized therapeutic yoga practices. Lectures, yoga practices, writing exercises and guided meditations complement the group case work. For those unable to join us for the full 5-days, there are a limited numbers of spots available to attend the weekend-only portion of the training.

Past attendees include healers, health care professionals, yoga students & teachers, as well as those seeking yoga therapy for such conditions as back pain, cancer, arthritis, heart problems, Parkinson's disease, anxiety & depression. Familiarity with basic yoga concepts and practices is helpful but not necessary.

Timothy McCall, M.D. is a specialist in internal medicine, the medical editor of Yoga Journal and the author of the bestselling Yoga as Medicine: The Yogic Prescription for Health and Healing. He is one of the co-editors of the just-released medical textbook on yoga therapy, The Principles and Practice of Yoga in Health Care.

5 Day Workshop: Early Bird Rate: $700 US$ if registered by February 1, 2017
Weekend Only: Early Bird Rate: $270 US$ if registered by February 1, 2017
Please send US$ money order and application form to the address below:

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