

Yoga for Strength and Stability®

Training Intensive & Certification

Intensive (24 Contact Hours):

Meets over 2 weekends:

Saturday-Sunday, 9:30 am - 3:30 pm

Half hour lunch break each day

November 4-5 and December 2-3, 2023

Optional Certification (additional fee):

Saturday, December 9th, 9:30 am - 12:30 pm

Location (In-person):

4701 Auvergne Ave, Suite 203, Lisle, IL

Learn how to incorporate natural movement into your yoga practice to reset your body back to it's full range of healthy innate movement patterns . You

will become stronger, more stable and able to move with more ease in your daily life. You will discover that as your range of motion increases from yoga, developing strength and efficiency from natural movement will support that greater flexibility and improve your stability and mobility.

Mobility and Stability for Longevity

These natural movements are accessible to all and based upon the principles of neuro-developmental sequencing. They strengthen the body in an integrated way, are pre-programmed into your nervous system and are the foundation for building more complex and challenging movements. Their purpose is to reset your nervous system and nourish your body and brain to keep you strong, mobile and stable throughout your entire lifetime.



In this training, you will learn:

- The key natural movements that are valuable to add to your daily yoga practice.
- The importance of ground movement for building hip, core and shoulder strength.
- How to incorporate multidirectional movement to support joint health.
- To improve your balance using a slightly raised height (2x4 beam).
- Transitions to get you up and down from the ground (alternatives to down dog and "do a vinyasa")
- Energy efficient techniques so that your practice enhances your vitality.
- How breathing supports steadiness in movement, posture and relaxation.
- What yoga philosophy teaches us about strength and stability.
- The stages of neuro-development (how we build our innate movement patterns)
- How to integrate natural movement into your practice and make it yoga.

Who is this training for? Experienced yoga students and yoga teachers ready to expand on traditional yoga. Not recommended for those with current injuries.

Continuing Education Credits

Intensive: Counts as 24 hours of continuing education with Yoga Alliance.

Certification: 6 additional Hours = 30 total hours of continuing education with Yoga Alliance.

Intensive Prerequisite: Experienced yoga students with minimum 1 year of yoga practice.

Certification prerequisite: Certified yoga teachers or current teachers-in-training.

For Teachers Who Want The Yoga for Strength and Stability® Certification

- Must attend all intensive sessions and attend an extra session on Saturday, December 9 where you'll be tested on proficiency and present a short teaching demonstration.
- Pass the online final exam.
- Attend a minimum of (3) Yoga for Strength and Stability® online classes with Lori. Past attendance within two years qualifies. You may attend via the class recording. (Classes are included in certification fee.)
- With successful completion, your name is listed as a certified Yoga for Strength and Stability® Teacher and permission is granted to use the name Yoga for Strength and Stability® to describe classes you teach *embodying the principles of this training.*

Please bring: 6 foot round yoga mat preferred. Available from online yoga retailers such as yogaaccessories.com. If you can not find a round mat, you can use 2-3 regular yoga mats

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Training Intensive Only

\$700 regular price; Purchase at: <https://buy.stripe.com/28o2bl4la0L57Ys14f>

\$600 early price paid in full by Friday, October 6, 2023.

Purchase at: <https://buy.stripe.com/28o2bl04U3Xhcel4gs>

Certification \$150 additional. Purchase at: <https://buy.stripe.com/5kAg2yaJy51lbaEcMZ>

You may also pay via Venmo @Lori-Gaspar (verify with 8908) or by check made payable to Prairie Yoga.

Mail checks to Lori Gaspar 22W214 Glen Park Rd Glen Ellyn, IL 60137.



About Lori Gaspar

BFA, MA, C-IAYT, 500 E-RYT, YACEP, MovNat Trainer, Functional Movement Screener

Lori is a senior-level yoga teacher, certified yoga therapist and has certifications in alignment-based and vinyasa yoga, restorative yoga, natural movement (MovNat) and functional movement. As the Founder of Prairie Yoga®, she created the training programs that have certified over 700 yoga teachers in the Midwest. Known as a "teacher of teachers," Lori is passionate about training yoga teachers to better adapt the yoga practice so it is accessible to a broader range of students. Her personal interest is integrating natural movement into yoga practice to reset our innate movement patterns back into the body, creating a more balanced approach to yoga. She has trademarked Yoga for Strength and Stability® and she loves sharing the benefits of this approach with enthusiastic students. She has been practicing yoga for over 25 years; training yoga teachers for 21 years; and recently closed her studio after 14 years to focus on her unique approach to yoga.

Lori served on the Ethics Development and Standards Advisory committees for Yoga Alliance and was recognized as a reigning woman yoga leader in the Chicago-area by *Yoga Chicago*. She has written many articles about yoga and been interviewed for podcasts and profiled in many national yoga magazines.

Testimonials

"The Yoga for Strength and Stability Training with Lori Gaspar is one of the best investments that I have made as a teacher. What might have been a simple movement training was instead a rich blend of exercise science, yoga philosophy, traditional practices, creative inspiration, exploration and play. Over the years I have admired the wisdom, warmth, humility and expertise that marks Lori as an authentic teacher. I gained a solid foundation in teaching the key natural movements mastered by babies and toddlers. These movement patterns are diluted or forgotten by many adult bodies, making us feel weaker and more frail than we should. With this training, I have the skills to teach them well and weave them into my regular yoga classes. My students love the playfulness they evoke as well as the increased strength and confidence they feel. If you're interested in bringing the functional ability and resilience to your students that contributes to longevity and quality of life, I highly recommend this training. PLUS, it is just so darn fun!" ~ Jenni Antonicic, 500 E-RYT

"I really enjoyed the course - it was well thought out, the content was very valuable and Lori did an amazing job introducing us to natural movement techniques. I am so glad that we were able to take the course in-person. AND I COULDN'T BELIEVE HOW MUCH STRONGER I FELT AFTER THE TRAINING!!!" ~ Ellen Fogarty, 500 RYT

"Yoga is great for flexibility and strength, but hasn't been effective in improving my mobility. Natural movement bridges that gap, and Lori does a great job of showing how to link natural movement with the practice of yoga." ~ Kathy MacDonald, 200 CYT,

"We are always looking to expand and explore in our yoga practice. Yoga for Strength and Stability helped me understand a wide range of movements and invited me to explore new levels of balance and strength. I look forward to sharing these innovative movements with my students!" ~ Mary Claus, 200 RYT

"Signing up for Lori's Yoga for Strength and Stability was a great decision! Learning in person with Lori and all the wonderful people in the group was fun, playful, extremely informative, strengthening and fulfilling. What I love most about Yoga for Strength and Stability is how simple and logical it is, yet, how beneficial in real life. I have been applying what I've learnt in my own sadhana and plan to keep using it in my classes as well. It also adds an element of freshness in our practice. Lori is a brilliant teacher and seamlessly integrates the practice of Natural Movement and Yoga. I am grateful to have learnt so much from her - she really motivates and inspires you to grow and have a fresh approach to your own practice and teaching." ~ Chitra Menon, 200 CYT

"Lori is an inspiring teacher whose knowledge base and expertise have continued to evolve with her as a person- such an admirable quality in an educator! Yoga for Strength and Stability training was an incredible boon to my personal practice and teaching. I left feeling competent in my abilities to share this special practice, and very enthusiastic to integrate it into my life." ~ Chelsea Brown, 500 E-RYT

"I took Yoga for Strength and Stability to build up my physical, mental and emotional stability in my own body and personal life. I found the class to be very empowering and helped me learn to take better care of myself mentally and physically. Also I built confidence that I am strong, stable and can be helpful to my family and my community." ~ Reeny Linstrom, 500 E-RYT