



BOOMERPLUS® TRAININGS

➤ **BoomerPlus® The Art and Science of Teaching Older Adults 75 hour Training Programs**
75 Yoga Alliance CEUs and over 500 pages of materials

BoomerPlus® trainings give you the resources and tools to support and market yourself. You support your clients and patients by helping them achieve:

- Enhanced flexibility, range of motion, and agility
- Increased strength and balance,
- Diminished pain,
- Better sleep and breathing techniques,
- Increased alertness, focus and energy,
- Relief from anxiety, fear, stress and depression.

Gain a deeper understanding of how to apply biomechanical principles and applications to educate and promote healthy aging for the BoomerPlus® generations.

75 hours (not including Success Graduate Program): Split into 4 separate modules: Lower body extremities; Upper body extremities; Integrating it all together; The Art and Science of Teaching Older Adults; The Art and Science of Teaching Chair Yoga
2-4 separate 3-day weekends or 5-7 days intensive

Including:

- Observation and assessment techniques;
- Fundamentals of postural alignment; Elements and components of rehabilitation; composition: creating harmony within and without
- Live client demos;
- Specific health issues and their applications;
- Chair yoga;
- Wall yoga;
- Fitness and yoga postures;
- Anatomical concepts;
- Practice teaching
- Marketing for the BoomerPlus® generations

The 75 hour training program may be enjoyed by anyone. However, many of the training elements are geared to the professional and people who work with older adults—in the medical field, yoga and fitness instructors, caregivers, body workers, older adults themselves.

➤ **6-10 hours: The Art and Science of Teaching Older Adults: Aging with Vitality and Balance**

Yoga Alliance CEUs and 55+ page module

This training program—*Aging with Vitality and Balance*—gives you a more comprehensive understanding, plus confidence, techniques, and the applications for many health issues than the 2-4 hour introductory program.

Support yourself and your clients by helping them achieve:

Enhanced flexibility *Increased strength and balance

Diminished pain * Better sleep * Increased focus

More energy * Relief from anxiety, fear and depression

Training Components:

- Observation and Assessment get hands on experience with actual clients
- Breathing techniques
- Integration of body, mind and spirit
- Biomechanical alignment (physical/emotional/mental)
- Techniques and applications for specific health issues
- Exercises and practices for daily living
- Chair postures

➤ **BoomerPlus®: Aging with Vitality and Balance: Postures that Heal (3-5 hours)**

Tune up Your mind, body and heart for the Holidays! (for example)

In this workshop, you will learn how to integrate your functional anatomy with your yoga postures and techniques to achieve balance, strength, range of motion, flexibility and agility, as well as reduce chronic pain. You will understand how many health issues can be diminished using specific yoga-based skills. This workshop includes a **35+ page module** with pictures so that you can practice these postures at home and in class.

Who is this workshop for? Everyone—educators, body workers, healthcare professionals, older adults, caregivers...

➤ **Chair Yoga: The Art & Science of Teaching Older Adults with Amy Kraft and Janet Rae Humphrey 30 hour Program**

Yoga Alliance CEUs; 500 pages of materials

The Chair Yoga training program--*Age to Wellness™*-- is geared to teachers and health professionals who work with older adults. Two experienced teachers share specific techniques for different areas of the body as well as applications for major health issues of the older adult. There are yoga sequences for chair yoga as well as postures and sequences for exercises *near a chair*.

Learn How to:

- Teach chair yoga
- Keep your students safe
- Evaluate older bodies
- Reduce pain
- Emphasize breathing - the path to health
- Laugh, have fun, relax
- Market your skills training

Open to Everyone

- Yoga teachers
- Silver Sneakers teachers
- Health care professionals
- Senior living centers staff
- Caregivers

➤ **Your Prescriptions to Relieve Stress, Tension, and Pain (2 – 8 hour)**

Yoga Alliance CEUs and 40+ page module

Learn a group of yoga postures, several breathing techniques, and simple mindfulness techniques that you can do during the day and when you come home from the office in the evening. These postures are great for areas in your body that are tight, compressed, or too "loose," as well as for overall discomfort.

This workshop is for all ages whether you practice yoga or another form of movement. All levels of experience are welcome!

➤ **Align, Engage, and Heal: Learn to Use Yoga to be Pain and Injury Free (Emphasis on participants of all ages who take classes, work out in the gym or in the field and get injured 4-8 hour program)**

Yoga Alliance CEUs and 30 page module

Do you experience pain during or after your workouts or classes?

Have you injured yourself during a workout or in class?

Would you like to learn to practice with no discomfort?

Yoga is an amazing way to keep your body healthy, flexible & strong. When done with proper alignment, you can continue to deepen your practice safely and leave feeling great.

Experienced educator(s) take you through the step by step instructions in a workshop environment, supporting you and helping you better understand how to improve your practice, your workouts & daily living—pain free!

Learn alignment techniques that prevent injuries & can rehab current issues,

- Sustain your flexibility, agility, strength & balance,
- Rediscover your core,
- Create your optimal workout & postures—see and feel the difference!

➤ **BoomerPlus® Programs for Older Adults (1 – 3 hours)**

Yoga Alliance CEUs and several handouts

This program is geared for the older adult and his/her caregiver, although everyone is free to attend.

The emphasis is focused on:

- Breathing techniques
- Stress reduction
- Specific postures for different areas of your body
- Health issues and healing applications

You will learn precise balance, alignment and breathing techniques that are specific for your age and current health issues. These integrative and medically-based techniques will sustain your flexibility, agility, strength and balance to diminish or abolish pain, heal your injuries and maintain an active life!

➤ **BoomerPlus Music and Yoga for Everyone with Amy Kraft and Cheryl Chaffee plus live musicians (3 - 8 hour programs)**

Yoga Alliance CEUs and mantra material

Music and Yoga for Everyone began as an idea after Amy Kraft presented a BoomerPlus® Yoga training in Sarasota, FL. Cheryl Chaffee and Amy put their heads and talents together to develop a systematic roadmap of yoga poses combined with soothing mantras to move through all parts of the body, activating the 7 major chakras. It's a project that continues to evolve, expand, and grow.

Cheryl says, “Why combine music and yoga to explore in sound and movement? Chanting mantra is a powerful combination of words and music. We know that words hold power- they have the power to inspire, heal, encourage, comfort, calm, and enlighten. Sound also holds power- a sudden loud sound can make you jump, or a sweet piece of music can soothe your soul. When we combine the intention of the spoken word with the vibration of a musical note, we create song, which has the power to heal the body and the heart. Combined with the specific, actions of alignment-based Hatha Yoga, the healing power of mantra is magnified and condensed into the specific part of the body being focused on...”