

Registration Information

Name: _____

Address: _____

Phone: _____

Email: _____

Cost:

\$150.00

Snacks and a box lunch will be provided

Please make checks to:

PTSA

P.O. Box 910

State University, AR 72467

Registration Deadline: October 21, 2016

Course limited to 30 participants



For more information:

Kristie Vinson

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Department of Physical Therapy

P.O. Box 910

State University, AR 72467



ARKANSAS STATE
UNIVERSITY

Physical Therapy Student Association Presents:

CEU: Yoga in Physical Therapy

Presented by:

Staffan Elgelid, PT, PhD,
GCFP, RYT-500, C-IAYT

*October 29, 2016
8:30 a.m. – 4 p.m.*

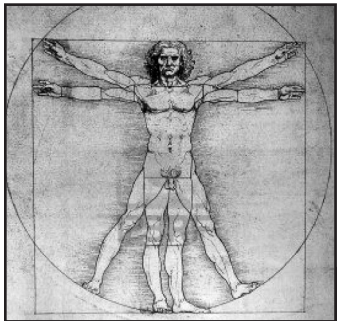
Arkansas State University
College of Nursing &
Health Professions
Room 118

6.0 Contact Hours
Approved by ARPTB

What You Need To Know:

Program Content:

- 1) Lecture on yoga and how it fits into the current rehab paradigm.
- 2) Demonstration and practice of basic yoga essentials
3. Lecture on the nervous system and the ANS acts/reacts during a yoga session.
4. Practice various yoga and PT sequences that will affect the ANS in various ways.
5. Lecture on habitual movements and why variety is good for the development of the CNS.
6. Practice - Playing with movement variations
7. Lecture – PT and yoga: What are the similarities?
8. Practice – Teaching PT sequences that incorporate yoga principles.



Schedule:

8:30.....	Registration
9:00.....	What is yoga? How can it benefit our clients?
10:00.....	Practice
10:45.....	Break
11:00.....	The nervous system. Putting the patient in “healing mode.”
11:30.....	Practice
12:00.....	Lunch
1:00.....	Variability. It is good for the nervous system?
1:45.....	Practice
2:30.....	Break
2:45.....	Similarities between Yoga and PT
3:15.....	Designing a PT session utilizing the es-sence of yoga.
4:00.....	Program ends



Workshop description:

This workshop will teach how to incorporate the essence of yoga into what we already do in Physical Therapy. Yoga is gaining in popularity in the US with 10% of the US population now participating in yoga. Many of the participants in Yoga (up to 25%) are using Yoga for health issues such as chronic pain, spinal pain, various neurological diseases, stress and anxiety and general fitness issues. What does Yoga offer that PT does not, even though we have practice without referral? How can we as physical therapists incorporate the essence of yoga and transform our practices. It is not about doing anything new, but about doing what we are already doing in a different way.

CEU: Yoga in Physical Therapy