

REGISTRATION FORM

Contact Information

Name: _____

Phone: _____

Address: _____

Email: _____

Date of Birth: _____

Professional Licenses, Registrations,
and/or Certification:

Prior Yoga Experience:

Emergency Contact

Name: _____

Phone: _____

Relationship: _____

Billing Information

Check:

I have enclosed a check in the amount of
\$235 made out to Pediatric Therapy &
Yoga of Morris (PTYM) - Please Sign:

x _____

Credit Card:

Name on Card: _____

Billing Address: _____

Card Number: _____

Expiration: _____

Security Code: _____



COURSE OBJECTIVES

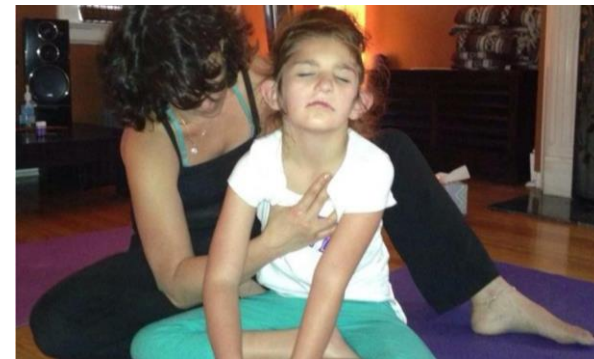
- How to choose postures for children with Cerebral Palsy or diagnoses with significant gross motor delay
- Assessment and baseline level identification to ease the planning where to start the treatment and why
- Body work and alignment, putting the puzzle of structure pieces into a "full picture"
- Myofascial techniques as part of a structural effort
- Reflex integration and how it affects movement, alignment, and more
- Understand the needs of the group based on the child's age and development
- Develop and start applying principles of yoga for children in school/community/home setting

COURSE LOCATION

The course will be located at The Yoga Way
18 Elm Street, Morristown, NJ 07960

FOR MORE INFORMATION

Please contact Dr. Yana Kofman, PT YSC, RYT
at 973-944-0555 or
thewholechildnj@gmail.com



PEDIATRIC THERAPY & YOGA OF MORRIS, LLC

NEURO-INTEGRATIVE PEDIATRIC TRAINING II

Neurological Integrative Pediatric Yoga

Saturday, February 4th, 2017

This Course meets the criteria for 6.5 Contact
Hours (6.5 CEU's). Application has been
approved by NJ Board of Physical Therapy
Examiners.



Presented By:

Dr. Yana Kofman, PT YSC, C-IAYT,
RYT-200

FOR MORE INFORMATION

CALL: 973-944-0555

EMAIL: THEWHOLECHILDNJ@GMAIL.COM

VISIT: WWW.THEWHOLECHILDNJ.COM

18 ELM STREET, MORRISTOWN, NJ 07960

COURSE DESCRIPTION

This multi-day workshop will enhance critical thinking skills to enable therapists/teachers to use yoga principles to conduct therapy to children with developmental challenges. The focus will be on sensory processing, behavioral challenges, and posture choices using developmental approach choreography.

The exemplary approach will help therapists to develop and bring the depth of yoga methodology, develop skills to understand child's needs and set goals to apply the yogic principles to a therapeutic session. This hands-on workshop will focus on problem solving sensory processing and behavioral challenges, integration of reflexes, typical and abnormal development of the child's gross and fine motor milestones, and how to tailor posture choreography to the patient population for children ages 0 to 25 years old.

This course discusses current research in the yoga applications to various diagnoses. The connection between chakras and developmental milestones will be discussed. The experimental approach will guide therapists to develop and establish successful yoga sessions, set realistic goals, and apply the yogic principles to a yoga session. Importance of manual osteopathic therapy and the influence of touch will be discussed and demonstrated. Case Studies will be presented in person as well as in the form of videos and photographs to explain the postures and their significance. The lab will be focused on handling in small groups (2-3 people) to learn the manual techniques and handling of the child during yoga session.

PROGRAM OUTLINE

Saturday, February 4th, 2017

8:30 – 9:00 a.m.

Registration/Checking In
Nametags

9:00 – 9:15 a.m.

Introductions
Sharing Profession and Yoga Experience

9:12 – 12:30 p.m.

Lecture
Theoretical Explanation of Neuro-Integrative
Diagram Lecture Style with Powerpoint

12:30 – 1:30 p.m.

Lunch Break

1:30 – 4:00 p.m.

Lab
Hands-On Lab Activities

4:00 – 4:15 p.m.

Questions and Discussion of Procedures

4:15 – 5:00 p.m.

Yoga Experiential
Yana will teach an adaptive yoga class for general special needs to the group so they can feel the poses, sequencing modifications, tone, setting, etc.

ABOUT OUR THERAPIST



Dr. Yana
Kofman

Physical Therapist

As Director of PTYM, Dr. Yana Kofman has over 20 years of experience treating children with congenital and developmental delays, and acquired diagnoses. Her focus and dedication to practice and incorporate whole child approach principles and multi-system approaches with children to enhance gross and fine motor skill acquisition. Dr. Yana hopes to share and to apply Yoga's amazing benefits to each and every child while discovering their unlimited potential via mind, body, and spirit connection.



This course is intended for professional licensed Therapists and/or Yoga Alliance approved Yoga Therapists, Pediatric Professionals, Educated, Yoga Teachers, and Parents seeking to bring yoga teachings to their children. This workshop is suited for Physical Therapists, Occupational Therapists, Speech and Language Pathologists, as well as Registered Nurses, among many professional pediatric healthcare providers. The focus will be on typical and abnormal child development and therapeutic yoga methodology.

Cost if registered by **December 19th, 2016** is \$225. Thereafter, cost for this course is \$235.

Payment may be made via check or credit card with completed registration form sent to:
Pediatric Therapy & Yoga of Morris, LLC
18 Elm Street, Morristown, NJ 07960