



Understanding Injuries

For Yoga Teachers & Movement Therapists

About the Course

This series is designed to increase the teacher's knowledge of commonly presenting injuries in students that come for movement based exercise and therapies.

Each session will give a review of the functional anatomy of the applied region, and will give the participant an understanding of the pathology and presentation of each specific injury and what it means in the moving body.

We will discuss which movements are generally safe, which are likely to aggravate, and discuss strategies that may help you keep your students safe in class and help them to manage their condition. We will also present some cases and there will be time for questions.

Course Details

Location: Southside Yoga Studio - Upstairs, 1 Evandale Rd Malvern 3144

Cost: \$230 for the series - \$88 individual (inc GST)

Bookings Essential as there are strictly limited places.

Book with Lyndon by email lyndoncookson@gmail.com or call 0416435480

What you will learn

This professional development series will allow you to better work with injuries by:

- Being able to review the anatomy of each region and how it moves.
- Understanding the nature of common injuries and how they are caused.
- Knowing commonly used management strategies.
- Understanding how to teach the injured student safely.

Course Sessions

Session 1:

Low Back Pain & Disc Injuries

Saturday 9th of July: 1 to 4pm

Session 2:

Knee and Foot Injuries

Saturday 30th of July: 1pm to 4pm

Session 3:

Shoulder Injuries

Saturday 20th of August: 1pm to 4pm

About the Teacher

Corey Dyer completed a Masters degree in health sciences in 1998 and has been practicing as a registered Osteopath for the past 13 years. He has worked with Yoga and Pilates teachers extensively helping them manage their own, as well as the injuries of their students. He has taught "Applied Anatomy and Physiology for Yoga" to more than 100 yoga teachers and has run several workshops helping movement based therapists improve their knowledge and practice. Corey has also practiced yoga for 14 years and combines his knowledge of movement, science and clinical practice to deliver an informative and applied workshop that is invaluable in helping Yoga, Pilates and other movement based therapists effectively teach students with injuries.

