

## **Become Certified as a “Yoga for Osteoporosis” Teacher**

### Introduction:

Dr. Loren Fishman has just completed a 741 patient, ten-year study of yoga for osteoporosis with results that show that his 12-minute DVD, practiced daily, is a statistically significant builder of bone.

Dr. Fishman is beginning the second phase of this important work to determine a “dose-response” relationship between yoga and bone building. Yoga teachers interested in taking an active role in Phase II of Dr. Fishman’s “Yoga for Osteoporosis” study must become competent in the theory and practice, and will help monitor patients. The students that they are supervising should be committed to having a yoga session with a certified “Yoga for Osteoporosis” teacher/therapist at least once every two weeks.

We will educate, train, and certify the yoga teacher/therapist to safely teach and monitor yoga students with osteopenia, osteoporosis, and as a preventative medicine to combat bone loss. If you are interested in becoming certified in his methodology so that you can teach Dr. Fishman’s curriculum and participate in the second phase of his study with your students, come attend the weekend workshop on osteoporosis that Dr. Fishman will teach at Kripalu this January, and stay for an additional three days with medical yoga therapist Terry Schaff and members of Dr. Fishman’s therapeutic team to get trained in the poses that are utilized in this curriculum and the adapted versions for people with limited mobility and range of motion, and how to teach them.

To become a certified “Yoga for Osteoporosis” teacher at the end of these two workshops you will need to pass a written exam that will test your understanding of bone loss and how to treat it with yoga, and a practicum of you teaching the poses in person or by sending Dr. Fishman’s education team a video of you teaching versions of the poses to five students.

Once certified, the teachers/therapists’ names and studios will be listed on the Yoga for Osteoporosis website, but their teaching and their finances will be strictly their own. There will be no financial obligation of any kind toward the study; just the pleasure of being part of what may be important work.

To Qualify for Entry into This Program:

Minimum of 5 years of yoga teaching experience, at least 20 hrs per week (120 hrs/year)

Course:

1. Essentials of Osteoporosis

What is a bone

Dynamics of bone metabolism

Pathogenesis of osteoporosis

2. What can be done about bone loss?

Medications

Diet

Exercise, including Yoga

3. How Yoga works in bone-building

Wolff's Law

Pressures of Yoga

Results of study

Results of bone quality work

4. Poses and alignment

Safety

Beginner, intermediate and advanced poses

How to transition up the scale.

5. Record Keeping

Patient level of practice

Patient consistency (doing it every day, 5 times /week, etc.)

6. Test:

Theoretical:

Safety

Nature of bone

How osteoporosis occurs

What are the principles of yoga's intervention in osteoporosis?

Theory behind the poses' effects

Practical

Safety

Skill in alignment and dynamics of the poses

Fitting the pose to the person