**Yoga Therapy for Orthopedic & Neurological Conditions**

**with Ayurveda**

**245 academic hours**

**with Rachel Krentzman**

**Physiotherapist, Yoga Therapist & Certified Hakomi Therapist**

*Includes 25 hours of in-class practicum plus 35-hours at home practicum and 2 hours private mentorship. Also includes 10-12 hours of home study in Ayurveda.*

**30 meetings - Sundays 9:00 - 15:00**

**Nov. 9, 2025 - June 28, 2026**

Beith Hayoga, 52 Simtat Hahadarim

Beit Yitzhak

***https://www.beithayoga.co.il/***

This training for yoga teachers will focus on topics in yoga therapy for musculoskeletal & neurological issues including:

* The Lower Extremities: Foot, knee and hip conditions
* The Upper Extremity: shoulder, wrist and hand conditions
* Happy Back Yoga for the lower back, pelvis, upper back and neck including scoliosis
* Digestive issues
* Neurological Conditions including Parkinson's, MS, Stroke
* Aging/ Osteoporosis
* Yoga Therapy for Amputees/ Orthopedic Rehabilitation
* Chair/Wheelchair Yoga
* Depression & Anxiety
* Ayurveda in Yoga Therapy - 25 hours
* Thai Massage (lower body, upper body, lower back, neck) - 4 lessons

There will be a strong emphasis on assessment skills and developing yoga therapy interventions.

Basic Schedule

9-10:45 Practice/ Lecture

10:45 - 11:00 Break

11:00 - 12:30 Practice/ Lecture

12:30 - 13:15 Lunch

13:15 - 15:00 Workshops

***Yoga Teachers with 500 hours training who complete a 35 hour practicum will receive a certificate as "מורה ליוגה תרפיה עם התמחות בבעיות אורתופדיות" recognized by the ארגון מורה יוגה ישראל.***

**Syllabus:**

| Class # - Date | 9:00 - 10:45 | 11-12:30 |  13:15-15:00 |
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| Class 1 - Nov. 9, 2025Principle 1: Love and Presence | Lower Extremities:Foot Practice/ ObservationAnatomy of Feet/ Bone Tracing | Introduction/Concepts in Yoga TherapyDeep Listening skillsThe Assessment Process - Overview, Common Imbalances, Intake Form | Philosophy: The Pancha Kosha Model, a model for Yoga Therapy Assessment& Introduction to the six principles |
| Class 2 - Nov. 16Principle 2: Support Precedes Movement | Knee and Feet Practice/ Techniques | Yoga and Knee Joint Pathology | Muscles of the Lower Extremities (hip and knee) |
| Class 3 - Nov. 23 | Lower Extremities: Hip Practice/ Hip Series | Common hip pathology  | Workshop: Hip Series with adjustments |
| Class 4 - Nov. 30 | Short Practice - Lower ExtremitiesIntroduction to SOAP: Annamyakosha &Practicum Explanation | Assessment of Lower ExtremitiesKnee Assessment and Treatment Planning  | Assessment (cont’d) and case studies of hip/knee. |
| Class 5 - Dec. 7Principle 3 - Seeing the Whole | Upper Extremities:Shoulder & ArmShoulder Practice/ Techniques | Anatomy of Shoulder & Pathology | Anatomy (cont’d) and assessment of AROM/PROMMeasurement Skills |
| Class 6 - Dec. 28 | Thai Yoga Therapy for Lower Extremities (1) | Thai Yoga Therapy for Lower Extremities (1) | Thai Yoga Therapy for Lower Extremities (1) |
| Class 7 - Jan. 4 | Upper Extremities:Arm, Wrist & Hand Practice | Hand & Wrist Pathology Therapeutic Techniques | Upper Extremities Assessment |
| Class 8 - Jan. 11 | Upper Extremities:Practice | Upper Extremities:Anatomy Pathology | Upper extremities:Case Studies |
| Class 9 - Jan. 18 | Thai Yoga Therapy for Upper Extremities (2) | Thai Yoga Therapy for Upper Extremities (2) | Thai Yoga Therapy for Upper Extremities (2) |
| Class 10 - Jan. 25 | Yoga Therapy & Digestion Practice & Theory  | Introduction to SOAP notes/ Documentation (1) | Ayurveda in Yoga Therapy 13:15- 15:15 |
| Class 11 - Feb. 1Principle 4 - Alignment | Happy Back - Lower Back Practice | Lower Back - Anatomy & Pathology | Ayurveda in Yoga Therapy 13:15 - 15:15 |
| Class 12- Feb. 8 | Happy Back - Lower Back Practice | Lower Back Anatomy & Pathology | Ayurveda in Yoga Therapy 13:15 - 15:15 |
| Class 13 - Feb. 15 | Happy Back - The Sacroiliac JointPractice | SI Joint Anatomy & Pathology | Ayurveda 13:15 - 15:15 |
| Class 14 - Feb. 22 | Short Practice - Spinal Assessment  | Spinal Assessment  | Ayurveda in Yoga Therapy 13:15 - 15:15 |
| Class 15 - March 1 | Happy Back - Scoliosis Theory & Practice | Happy Back - Scoliosis Theory & Practice | Ayurveda final presentations 13:15 - 15:15 |
| Class 16 - March 8 | Happy Back - Upper Back and Neck | Happy Back - Upper Back and Neck | Ayurveda final presentations 13:15 - 15:15 |
| Class 17 - March 15 | Thai Massage for Lower Back (3) | Thai Massage for Lower Back (3) | Thai Massage for Lower Back (3) |
| Class 18 - March 22 | Neck Practice | SOAP Notes and Documentation (2) | Cervical and Spine Assessment |
| Class 19 - April 12Principle 6 - Neuroplasticity | Neuropathy Practice | Anatomy & Pathology of Nervous SystemPractice and Techniques for Neurological Conditions | Neurology: Stroke - theory and practice |
| Class 20 - April 19Rinat Kupfer from Sheba | Neurology: Parkinson’s Theory & Practice  | Neurology: Parkinson’s Theory & Practice | Neurology in Rehabilitation Center(Assessment & treatment) |
| Class 21 - April 26 | Thai Yoga Therapy for Neck (4) | Thai Yoga Therapy for neck (4) | Thai Yoga Therapy for neck (4) |
| Class 22 - May 3Principle 5 - Balance & Modulation | Hakomi Character StrategiesSensitive/ Withdrawn - I AM | Group Mentorship(2 cases) | Yoga In Orthopedic Rehabilitation/ Amputees - Katy Oigman from Sheba (1) |
| Class 23 - May 10 | Hakomi Character Strategies Dependent/ Burdened - I CAN, I WANT | Group Mentorship(2 cases) | Yoga In Orthopedic Rehabilitation/ AmputeesKaty Oigman from Sheba (2) |
| Class 24 - May 17 | Hakomi Character Strategies Self-Reliant/ Producer I DESERVE | Group Mentorship(2 cases) | Yoga In Orthopedic Rehabilitation/ AmputeesKaty Oigman from Sheba (3) |
| Class 25 - May 24 | Yoga Therapy for Depression | Group Mentorship(2 cases) | Group Mentorship (3 cases) |
| Class 26 - May 31 | Chronic Pain Practice/ Fibromyalgia | Introduction to Chronic Pain & Yoga Therapy | Group Mentorship(3 cases) |
| Class 27 - June 7 | Immune System  | Cancer CareGuest Teacher | Cancer CareGuest Teacher |
| Class 28 - June 14 | Yoga Therapy for Anxiety | Group Mentorship(2 cases) | Group Mentorship(3 cases) |
| Class 29 - June 21 | Aging/ Osteoporosis - Theory & Practice | Group Mentorship(2 cases) | Group Mentorship(3 cases) |
| Class 30 - June 28 | Practice | Closing Circle | Group Lunch |
| Make up - July 6 |  |  |  |

**\*\* Tuition and Cancellation Policy:**

Registration fee: 1000 shekels

500 shekels - non refundable

500 shekels - refundable until July 31, 2025

Earlybird (before 31.7.25) - 10,500 NIS (after registration fee)

paid in max. 10 installments of 1050 NIS

Regular Price - 11,500 (after registration fee)

paid in max. 10 installments of 1150 NIS

You can cancel by Dec. 10, 2025 and receive a full refund minus 2050 shekels.

If you cancel or leave by Feb. 1, 2026 - 50% tuition refund minus 1000 shekels deposit

If you cancel after Feb. 1, 2026 - no refund

**Ayurveda Course ONLY:**

**New Course: Ayurveda for Yoga Therapists – 30-Hour Training
Every Sunday, January 18 – March 1, 2026 | 13:15–15:15 (Israel time)**

**Taught by Rachel Krentzman and Chara Caruthers | In English**

Deepen your understanding of the ancient science of Ayurveda and how it complements the art and science of yoga therapy. This 30-hour professional training is designed specifically for yoga therapists and explores the foundational principles of Ayurveda in the context of assessment and treatment planning.

With a special focus on orthopedic and neurological conditions, mental health, immune system function, and the integration of yoga therapy into hospitals and healthcare settings, this course provides essential tools to enhance your clinical practice.

**Course Format:**

* 17.5 academic hours of live learning (Zoom or in-person at the studio – your choice)
* 12.5 hours of pre-recorded video lessons and guided assignments

**Investment:**

* Early Bird: 2600 ILS (before July 31, 2025)
* Regular Price: 2800 ILS

Join us for this enriching experience and learn how to apply Ayurvedic wisdom to meet the complex needs of your clients with greater precision, clarity, and compassion.