

Outline

WHY YOU SHOULD START USING YOGA AS A THERAPEUTIC MODALITY

What the evidence says about integrative medicine
Yoga for the nervous system and for chronic pain
The connection of yoga and mindfulness as medicine for trauma

IMPACT OF MINDFULNESS FOR YOUR PATIENTS

Latest health research on both mindfulness and meditation
Mindfulness vs. meditation – what's the difference?
Reduce inflammation with the help of mindfulness
The connection of mindfulness and meditation as medicine for trauma and pain

ASSESS WHAT TYPE OF YOGA IS BEST FOR YOUR PATIENT

Various types of yoga and how to choose the right one for your patient
Define Ayurveda and how it complements yoga

TREAT THE CARDIOPULMONARY SYSTEM WITH THERAPEUTIC YOGA

3 diaphragms
Review pulmonary anatomy
Evaluate breathing in the following positions:
Supine
Side-lying
Wheelchair
Standing
Lower cardiovascular risks
Important connection between:
Breathing and movement
Posture and breathing
Mindfulness and breathing
Therapeutic breathing and COPD, ALS, SCI, Cystic Fibrosis

CASE STUDY

Using pranayama for asthma/COPD

TREAT THE MUSCULOSKELETAL SYSTEM WITH THERAPEUTIC YOGA

Define Asana and its postures
Importance of diagonals, using straps to assist
Importance of yoga for clients with:
Spasticity: cerebral palsy
Hypotonicity: pelvic floor imbalance
Muscle Imbalance: shoulder overuse injury

CASE STUDIES

Using Asana for spinal cord injury and scoliosis

GROUP PRACTICE: LAB

Perform "Right Angle at the Wall" pose
Define client and therapist roles

Seminar on DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI Rehab first. If you are interested in becoming a speaker, or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or call 715-855-5261.

TREAT NEUROLOGICAL DISORDERS

How yoga and mindfulness change the brain
Tools to increase focus, memory and attention
Tools to assist vestibular and proprioception systems
Mental health: Dementia/Alzheimer's, Schizophrenia, Obsessive-Compulsive Disorder
Pediatrics: ADD, ADHD, Autism, Sensory Processing Disorder

CASE STUDIES

Using Asana for ADD, Parkinson's, and MS

ASANA APPLICATION AND MINDFULNESS IN TREATMENT

Active vs. restorative: how to decide what's best for your patient
Props: how to use straps, blocks, and balls in treatment in active poses
Props: how to use bolster, blankets, straps, and eye pillow for restoration
Precautions

POSE LAB

Active poses, both seated and standing
Restorative pose and experience its benefits for all body systems
Importance of props and why we use them

HOW TO INCORPORATE YOGA AND MINDFULNESS IN YOUR SETTING

What it looks like in: acute care, inpatient, outpatient, home health, hospice, and schools
Empower your patients to take an active role in treatment
Evaluation, documentation, and CPT codes
Optimizing reimbursement

TRANSFORMING YOUR PRACTICE – NEXT STEPS

Tools to help you relieve stress and prevent burnout
Incorporate yoga into the integrative team
Building yoga and mindfulness in the community

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

Lunch Break 1 hour (*on your own*)

3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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Yoga and Mindfulness for Therapeutic Rehabilitation

New Tools for Healing Your Patients & Making You a Better Therapist



**SIGN UP TODAY!
YOUR CEU DEADLINE
ENDS SOON!**

Towson, MD
Monday, February 3, 2020

Ellicott City, MD
Tuesday, February 4, 2020



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Yoga and Mindfulness for Therapeutic Rehabilitation

New Tools for Healing Your Patients & Making You a Better Therapist

SIGN UP TODAY – YOUR CEU DEADLINE ENDS SOON!



- Impactful yoga therapies for various orthopedic, neurological, and cardiopulmonary conditions for adult and pediatric patients
- Customizable treatment plans to integrate with current treatment modalities
- Techniques to maximize function for patients in a variety of settings
- Coding therapy session appropriately for best reimbursement practices
- Improve your care and skills as a clinician with mindfulness strategies that work
- Watch your own stress and burnout dissipate with yogic breathing and easy mindful practices

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Monday, February 3, 2020

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Yoga and Mindfulness for Therapeutic Rehabilitation

Awaken your practice and your own well-being through yoga and mindfulness – a perfect complement to your treatment toolbox to assist in treating cardiopulmonary, neurological, orthopedic, and immune-compromised body systems.

In this interactive seminar, Betsy Shandalov, OTR/L, C-IAYT will show you how to integrate yoga poses and mindfulness techniques seated, standing, and lying down. Borrowing from 20 years of incorporating these practices into her therapy sessions, she'll show you how you can use them in a variety of settings. Watch breakthroughs in your treatment of multiple sclerosis, cancer, cerebral palsy, spinal cord injury, asthma, ADD/ADHD, Autism, and many other conditions with customizable, evidence-based plans, so you can see faster yet lasting results. By doing so, you pass along tools patients can continue to incorporate beyond therapy, making them happier and healthier. Finally, learn how to code these therapy sessions for best reimbursement practices.

Come away feeling refreshed and energized to incorporate these new tools not only in your practice but in your life. Those feelings of being stressed and overwhelmed at work or with patients will soon make way for more compassion and more mindful listening so you can assess dysfunctions earlier and treat more effectively.

Designed for all skill levels, so no experience in yoga is necessary to integrate its benefits with your patients.

Sign up today to ignite your practice and renew your well-being in this unique and interactive seminar.

Speaker

BETSY SHANDALOV, OTR/L, C-IAYT, has been an occupational therapist for more than 25 years. In addition, she has earned her 200-hour adult yoga teacher training in 2008 with a focus on Iyengar yoga, along with being certified in 2009 as a yoga kids' teacher and trainer by Yoga Kids International. She trained as a yoga therapist through Niroma Institute in Oakland, CA where she then worked as a member of their yoga therapy staff. Her advanced training is through The Center for Mind-Body Medicine in Washington, D.C. In addition, she has her level I Reiki Certification. She teaches therapeutic yoga to adults and children in a variety of healthcare settings and schools and treats people privately using yoga as her main therapeutic modality. She has done trauma training for therapists, teachers and administrators for treatment and self-care. Her extensive knowledge of disease and disability in a variety of settings combined with her complementary yoga treatment will provide attendees a new level of understanding how the brain and the immune system work together for natural and therapeutic healing.

She received her Bachelor of Science degree in Occupational Therapy from Boston University. She has worked in adult care at Duke Medical Center in Durham, North Carolina, and she has also worked as a clinician, educator, and supervisor in rehabilitation and community re-entry at Shepherd Center in Atlanta, Georgia. Ms. Shandalov has presented nationally on multiple topics at the collegiate level to both undergraduate and graduate students in occupation therapy and to seasoned therapists since 2010.

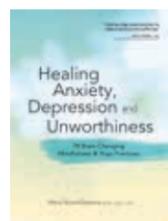
Speaker Disclosure:
Financial: Betsy Shandalov is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Betsy Shandalov has no relevant non-financial relationship to disclose.

Objectives

- Define how Yoga and Mindfulness can help our Pulmonary and Immune Systems while alleviating pain.
- Assess how to customize yoga therapies for many types of disabilities for the adult and pediatric client.
- Demonstrate how to use basic yoga poses, sequences (seated, standing and lying down) and deep relaxation using props for modification depending on the client's diagnosis.
- Create customized client treatment plans that incorporate yoga and mindfulness.
- Explain how Yogic Breathing and Mindfulness can help the clinician with stress relief and burnout.
- Define the future of Yoga and Mindfulness in Integrative Medicine in the future of healthcare.
- Restate proper coding tips to improve reimbursement.

Questions? Call customer service at 800-844-8260

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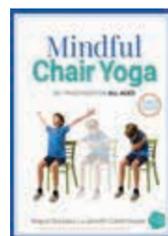
Healing Anxiety, Depression and Unworthiness

78 Brain-Changing Mindfulness & Yoga Practices

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance.

Mindfulness and yoga authority Mary NurrieStearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.



Mindful Chair Yoga

50+ Practices for All Ages

By Jennifer Cohen Harper, MA, E-RCYT and Mayuri Breen Gonzalez

Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

Who Should Attend

- Occupational Therapists
- Occupational Therapy Assistants
- Physical Therapists
- Physical Therapists Assistants
- Athletic Trainers
- Personal Trainers
- Yoga Instructors
- Activity Directors
- Recreational Therapists
- Behavioral Health professionals
- Exercise Physiologists

What to Bring/Wear

- Yoga mat and dress in comfortable clothing to practice yoga.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Occupational Therapists & Occupational Therapy Assistants:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Physical Therapists & Physical Therapist Assistants: This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Maryland Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

Other Professions: This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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How to Register

YOGA AND MINDFULNESS FOR THERAPEUTIC REHABILITATION
Questions? Visit www.pesirehab.com/faq, or call 800-844-8260

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PLEASE RETURN ENTIRE REGISTRATION FORM

1 Check location: (make copy of locations)

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February 3, 2020

Sheraton Baltimore North
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76176TOW

ELLICOTT CITY, MD

February 4, 2020

Turf Valley Resort & Conference Center
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76176ELL

Register now!

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/students or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$249.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

\$24.99* *Healing Anxiety, Depression and Unworthiness* book

\$19.99* *Mindful Chair Yoga Card Deck*

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

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CAN'T ATTEND THE SEMINAR? See below for individual product orders

Yoga for Therapeutic Rehabilitation: Learning New Tools & Expanding Your Practice

___ Seminar on DVD* (video) \$219.99 (RNV020013)

___ *Healing Anxiety, Depression and Unworthiness* book* \$24.99 (PUB085500)

___ *Mindful Chair Yoga Card Deck** \$19.99 (PUB085920)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
*Shipping is \$6.95 first item + \$2.00 each add'l item.	*Shipping _____
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