

# **Lakshmi Voelker Chair Yoga®**

## **Online Teacher Training**

### **Program Description**

Thank you for your interest in Lakshmi Voelker Chair Yoga® (LVCY) Online Teacher Training. This document gives you the details about our program.

## **Why Get Certified?**

Everyone CAN benefit from yoga, but often students, patients or clients feel that they can't because:

- ✓ They cannot get down to the floor for whatever reason, such as age, disability, or limited flexibility
- ✓ They want to practice yoga but getting to the floor is impractical (at work, traveling, Doctor's office, etc.)

These groups of people have traditionally been unable to reap the exceptional benefits that yoga brings to the body, mind, and spirit. Now, **you** can open this wondrous world to new audiences.

In this combined online video call and self-study program, you will add a new dimension to your teaching and/or care-giving. Our online teacher training program provides a firm foundation for teaching Lakshmi Voelker Chair Yoga.

## **Who Qualifies?**

- ✓ Yoga teachers
- ✓ Yoga teachers-in-training
- ✓ Healthcare professionals with yoga experience\*
- ✓ Care providers with yoga experience\*

(\*See the prerequisites section for our definition of yoga experience and how to obtain it if you do not have it.)

## **What is Lakshmi Voelker Chair Yoga?**

Lakshmi Voelker Chair Yoga is based on 5000-year-old yoga postures (called *asanas*) and breathing techniques, plus other Eastern and Western movements Lakshmi has found beneficial to her students. Lakshmi has adapted these poses for the chair, making the health and fitness benefits accessible to everyone.

Lakshmi Voelker Chair Yoga offers three key ingredients:

- ✓ Levels of flexibility
- ✓ Contraindications and precautions
- ✓ Emphasis on breathing techniques

In adapting yoga poses onto a chair, she has modified them further to take into account the fact that everyone has a different level of flexibility (or range of motion). Therefore, Lakshmi Voelker Chair Yoga is presented in low, moderate and high levels of flexibility so your students can learn how to adapt each pose to their personal needs. She has even accounted for varying degrees of flexibility in students' upper and lower body as well as their right and left sides. This innovative fitness approach makes her chair yoga program suitable for all ages and all fitness levels.

You will learn the contraindications and precautions for each of the poses presented in our manual. This will guide you in how to use the levels of flexibility with each person you teach making each person's experience in your LVCY classes safe and fun.

In addition to the postures and movements, these LVCY classes are a more complete form of exercise than most because they emphasize breathing. You learn breathing techniques that are a key to reaching optimum health. These deep breathing techniques more fully oxygenate your body and massage your organs. This improves your energy and mental clarity while reducing pain and anxiety. Following the breathing techniques, not only during your chair yoga, but throughout your daily life, significantly enhances your health and well-being.

## **What You Learn:**

Along with meditation, breathing, and relaxation techniques, you learn how to adapt classical mat yoga asanas to the chair—what Lakshmi terms the Chairasanas.

You learn the five branches of Lakshmi Voelker Chair Yoga:

- Single Chair Yoga™
- Double Chair Yoga™
- Pair Chair Yoga™
- Weighted Chair Yoga™
- Wheelchair Yoga™

You learn the Chairasanas contained in:

- Sun Salutation
- Moon Salutation
- Earth Salutation
- Warrior Sequence
- Balance Sequence
- many more yoga asanas and yoga-related postures

You learn additional Eastern disciplines and modalities such as:

- Acupressure relief hand movements
- Acupressure knee strengthening exercises
- Breathing techniques for meditation, relaxation, and asanas
- 7 Chakras and their meanings, colors, sounds, and affirmations
- 5 Yamas and 5 Niyamas
- Do-In Chinese Self Massage
- Foot Reflexology
- Pa Tuan Chin (8 Essential Sitting Exercises)

You learn:

- contraindications/precautions for each chairasana in the manual
- basic anatomy as it applies to chair yoga
- plus introductions to outside study materials

We also offer a Level 2 online teacher training specifically geared to teaching those with disabilities. This program covers in depth what you need to know to work with various disabilities including those in wheelchairs. Level 1 certification is required.

## **Objective:**

Our online teacher training readies you to teach a one hour Lakshmi Voelker Chair Yoga class with knowledge and confidence to varied audiences. A certificate is granted upon successfully teaching a 20 minute Teacher Assessment Class to your instructor.

## **How it works:**

The program consists of 28 hours of self-study and practice using our Study Guide. Your self-study is supplemented with six one-on-one online video calls and ten emails with your personal instructor. Video calls are done through Skype. (A Web cam and microphone are required for your computer.) Your program will start when you and your instructor decide.

Once you request to take the program, we contact you to pick the best video calling service for you and discuss your yoga experience (see Prerequisites).

We then arrange a short online session with you to ensure that everything works technically for the video calls. Once that is done, your payment is processed and your course materials are shipped.

The Study Guide explains what you need to do to prepare for your first video call with your instructor. Once you have finished this prep work, the guide explains how you contact your instructor to arrange your initial 60 minute video call.

Video Call 1 has three main objectives:

1. Your instructor gives you a 30 minute LVCY class
2. Your instructor walks you through the self-study guide
3. Set a timeline with your instructor to complete the course.

After Video Call 1, you work through the Study Guide and Video Calls 2-5 with the objective of preparing a "30 minute Personal LVCY Class" to be given to your instructor via Video Call 6.

Prior to VC2, you receive an email with ten questions of which you answer five and email to your instructor before VC6. An optional evaluation form be emailed to you to complete after VC6.

We mail you your Lakshmi Voelker Chair Yoga teacher certificate (see below for the benefits derived from being certified).

While working your way through the Study Guide, you arrange four video calls with your instructor. These calls have specific tasks (spelled out in the study guide) for you to accomplish as well as giving you a chance to ask questions. The Study Guide explains how to arrange these calls. Also, you can send to your instructor up to 10 emails consisting of one question per email.

Once you are ready to give your "30 minute Personal LVCY Class" to your instructor, the Study Guide explains how to arrange that appointment. This last video call is scheduled to last 1.5 hours giving you a chance to review anything you like with your instructor.

We are aware that everyone has different time constraints, so we are somewhat flexible with how long you take to complete the course. We recommend that you finish within four weeks for the best learning experience (that is averaging just less than one hour per day). To ensure focus and completion, there is a limit of 90 days from when you receive your materials for you to complete the program.

### **Instructor Qualifications:**

All our instructors have a minimum of 100 hours of direct working contact with Lakshmi (25 hours of their own live certification and a minimum of assisting Lakshmi at three other live certifications) and have a minimum of 150 hours of LVCY experience (a mix of assisting Lakshmi at live certifications and teaching LVCY classes).

Barring emergencies, you are with the same instructor throughout.

## **What is included?**

Tuition includes:

- Study Guide
- Teacher Development Manual (200+ pages with 75+ illustrated asanas)
- Teacher Development Manual supplement
- Lakshmi Voelker Chair Yoga Single Chair Yoga Volume 1 DVD
- Lakshmi Voelker Chair Yoga: The Sitting Mountain Series CD with 43 page tutorial booklet
- Six video calls with your instructor.
- Ten single question emails

Upon teaching your instructor a 20 minute Teacher Assessment Class (via video call) and answering five questions by email, you receive:

- A Lakshmi Voelker Chair Yoga Teacher Certificate
- A listing in our database so you receive requests made to us for LVCY teachers in your area
- Rights to resell LVCY DVD, CD, and Ten Minute Fitness Routine Booklets, and other products we may offer at a discounted price to you
- An amazing opportunity to help people who cannot do mat yoga for whatever reason achieve all the benefits of yoga!!

## **Prerequisites:**

Yoga teachers and teachers-in-training

Health care professionals and care providers with yoga experience (we require at least fifteen hours of yoga classes)

For those with little or no experience, you must take a minimum of fifteen hours of yoga classes before taking our online teacher training program.

## **Fee:**

\$550 USD non-refundable once your materials are shipped  
(There is a 90 day limit for completing the program)

## **Questions?**

Contact Bruce Binder at 760-774-1752 or [bruce@getfitwherelyousit.com](mailto:bruce@getfitwherelyousit.com).

## **About Lakshmi Voelker:**

Lakshmi Voelkerr, YT, E-RYT 500, KYTA, YA, IAYT is a certified Kripalu Yoga instructor, a member of the Yoga Alliance and International Association of Yoga Therapists, and holder of other certifications.

Lakshmi has dedicated her life to creating accessible paths to wellness. By creating chair yoga, she was able bring adaptive fitness and exercise programs to those who could not benefit from traditional methods of physical activity due to age, limiting physical condition, or being places where getting on the floor is not practical.

She created Lakshmi Voelker Chair Yoga® in 1982 when one of her thirty-something students was stricken with arthritis and could no longer get down on the floor to practice Yoga. In 1999, she authored and produced her widely acclaimed "Lakshmi Voelker Chair Yoga: The Sitting Mountain Series" CD and tutorial booklet.

Following the success of her CD and Tutorial Booklet, she then created the first Get Fit Where You Sit!® DVD Video in 2007. She made breakthroughs in two areas: extensive step-by-step instruction for each class and providing three levels of flexibility so all poses are accessible.

Supplementing the DVD, are Lakshmi's newest endeavor, Ten Minute Fitness Routine Booklets. These booklets use the same approach as the DVD giving step-by-step instruction including pictures of the three levels of flexibility for each pose.

Lakshmi certifies Lakshmi Voelker Chair Yoga Teachers (LVCYTs). She has certified over 500 people in the United States, Canada, Mexico, Puerto Rico, and Japan.

She has studied, practiced, and taught Yoga and other Eastern disciplines since 1969. From her early years, she integrated these disciplines with Western health concepts. Her focus has always been to improve her students' health and wellness by making the integration of these disciplines accessible to the broadest audience possible.