



VA YOGA COACH CERTIFICATION by Veteran's Health Pathways, LLC

LEARN YOGA MOVEMENT BREATH WORK AND MEDITATION

- Improve muscle tone and strength to improve body stability
- Develop flexibility and improve body mobility
- Improve posture and spinal alignment to reduce lower back pain
- Increase circulation, and lubrication of the joints to reduce chronic pain
- Strengthen the mind/body connection to promote relaxation and mindfulness
- Stimulate parasympathetic nervous system to reduce effects of stress
- Achieve a deep state of relaxation and a tranquil mind
- Improve focus and reduce the effects of stressful thoughts

TOPICS COVERED INCLUDE:

- How to teach basic Asana, Pranayama and meditation sequences to veterans of all fitness levels
- What is yoga?
- A brief history of yoga
- Components of a yoga practice - Asana, Pranayama, Meditation
- Benefits of Asana - movement
- Benefits of Pranayama- breath work
- Benefits of Meditation - focused concentration

WITH THIS CERTIFICATION, WHAT CAN I DO?

As a VA Yoga Coach you will be able to teach classes that will help our veterans with important issues such as:

- Improving mobility and flexibility
- Correcting postural alignment
- Recovering from injury
- Gaining peace of mind and ability to concentrate
- Strengthening the brain to improve memory, learning, cognition, and self-awareness
- Improving lung function, blood pressure, and brain function



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