



## Therapeutic Yoga as Exercise Prescription Outline

9am – Welcome and Introductions

9:15 – 9:45am – Anatomy review

9:45 -10:45am – Breath Assessment and Transversus Abdominis  
Assessment and Exercise

10:45 – 11:45am – Review of common pathologies for the Lumbar Spine

11:45– 12:30pm – Postural assessments

12:30 – 1pm – Lunch

1 – 1:30pm – Education on safe exercise prescription

1:30 – 3:30pm – Application of therapeutic yoga postures to objective  
findings

3:30 – 3:45pm – Break

3:45 – 4:45pm – Case Studies

4:45– 5:30pm – Presenting of case studies

5:30 – 6:00pm - Discussion