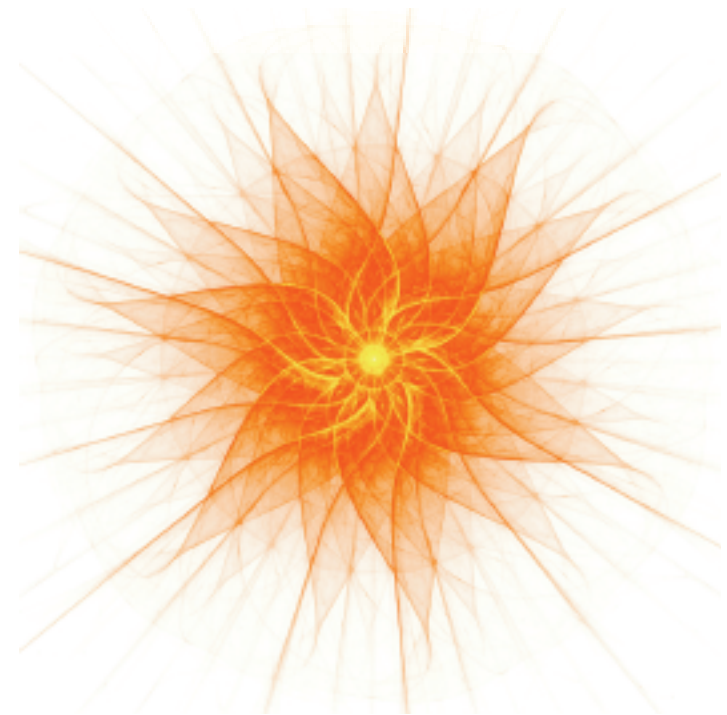


## ABOUT LORRAINE:

LORRAINE AGUILAR , PT, ERYT 500 is the director/founder of Yoga Flow Studio in Glen Head, N.Y. She has been a practicing Physical Therapist since 1991 and specializes in yoga therapeutics and orthopedic manual therapy. Lorraine has been practicing yoga since 1992 and teaching since 1995. Lorraine received her 500hr yoga certification from Beryl Bender Birch of the Hard & the Soft Institute and is part of her teacher training staff. She studied Anusara yoga with John Friend for 14 yrs., and was an Anusara Inspired teacher for 13 yrs. She continues to practice and study Ashtanga, Iyengar and Alignment based yoga. Lorraine offers group and private yoga sessions as well as Teacher Trainings and workshops in Anatomy for Yoga. Lorraine studies and is inspired by Truth and Spirit in all it's forms. She has studied Native American and Women's Ways with Deep Arrow Woman of Moonfire Meeting House, participated in ceremony & teachings with the 13 Indigenous Grandmothers & Shamans of Peru. She has studied Classical Yoga Philosophy with Sal Familia and continues studies in Buddhist psychology with Dr. Miles Neale of the Nalanda Institute in NYC, Meditation and Silence with Adyashanti. These teachings inform her classes and her life. Lorraine's continual quest for living fully & authentically, her students at Yoga Flow Studio, as well as her teachers, studies and practice have inspired her to share her knowledge through this teacher training.



# SACRED ELEMENTS YOGA THERAPY TRAINING MODULES



**Lorraine Aguilar, PT. 500 ERYT**  
and Guest Teachers at Yoga Flow Studio

Module dates:

May 17th, June 14th, July 12th, August 9th

Welcome to the Sacred Elements Yoga Therapy School for Yoga, Therapeutics and Life Enhancing Skills!

It is my hope that you will be inspired to begin and continue your studies through these Sacred Elements Modules. They are designed for navigating in our changing world. Through these modules it is hoped that you will gain tools to more skillfully take care of yourself and have the knowledge to help others.

These Modules are open to health care practitioners including physical therapists, occupational therapists, acupuncturists, massage therapists, personal trainers, body workers as well as yoga teachers and dedicated yoga students.

Completion of any of these modules can be applied toward the current Yoga Flow Studio 300 hour teacher training requirements and/or Continuing Education hours with Yoga Alliance. They are a pre-requisite for those students interested in the 200 hour Yoga Teacher training programs offered by Yoga Flow.

Bliss and Blessings,

-Lorraine

YOGA FLOW STUDIO  
977 Glen Cove Avenue  
Glen Head, New York  
11545  
[www.yogaflowstudio.com](http://www.yogaflowstudio.com)



## Module 2: Deepening Your Understanding and Practice

In this second module we will continue with a yoga-based approach to postural integration. You will build on the "sacred elements" of body, mind and soul alignment by further exploring and learning the Therapeutic Principles of Alignment known as TPA for Postural Analysis. In this module we will be continuing to practice and refine the Principles introduced in Module 1. Topics will include:

- Study and learn a more in-depth Anatomy to support these Principles.
- Learn advanced Yoga Therapy through the application of the principles of alignment in therapeutic yoga poses for common injuries and dysfunctions.
- Observe and practice individual therapeutic sessions on guest students.
- Learn and practice powerful tantric meditation techniques connected with the elements.

Each session builds on the previous session as we study together and create a vibrant community. Completion of all modules is required in order to gain the fullest understanding of these essential principles.

## SCHEDULE & TUITION:

The cost for individual sessions is \$125 and the cost of the full module is \$400. The dates for the sessions are:

- May 17th      - June 14th      - July 12th      - August 9th

Contact Lorraine for registration and further details at:  
(516) 656-0672 or [yogaflowstudio@gmail.com](mailto:yogaflowstudio@gmail.com)