

Yoga ball



ISCA Certification Training

HSC 1924

September 18, 2010 8 am -1 pm

Program Overview:

Yoga ball exercise is used to ease tension, deep-massage tight muscles and stimulate circulation. The major benefits include core stability, regained balance, and upper body strength. Learn how to melt tension while sharpening your attention and focus. Practical information and techniques for teaching yoga postures and poses using stability balls will also be included. This training includes program theory and guidelines, practical sessions of hands-on technique work, and program development information. Course certification requires passing an exam with written and practical components. Upon successful completion of this 5 hour course, the student will be certified by ISCA as a Yoga ball instructor, immediately eligible for employment in a gym or on his/her own.

- Science & History of Yoga Ball®
- Descriptions of Yoga
- Injury Recovery & Postural Corrections
- Core training & Functional Training
- Instructor / Trainer Program Guidelines
- Consumer Program Guidelines

Cost of the Program: \$ 175. (Yoga ball will be furnished for use during the course)

Salary Range: \$10-\$17 per hour.

Requirements:

- Participants would need to bring beach towel or exercise/yoga mat.
- Student should be in good overall physical health and condition.
- Must submit proof of current CPR certification before being awarded course certification.
- Must be at least 18 years of age.

**If you have any questions please contact:
Continuing Education/ Health and Human Services
Fax: 803-981-7327
Phone: 803-981-7194**

Visit our web pages
www.yorktech.com/alliedhealth

To ensure participation, students should register five business days prior to the start of class. Refunds will not be given to persons cancelling less than two business days prior to the start of class. If we are forced to cancel a class due to low enrollment, full refunds will be made.