

YOGA & THERAPEUTICS

A DEEPENING, ONGOING EXPLORATION



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A deepening, ongoing 3-Year exploration into the profound healing potential at the confluence of Iyengar Yoga, Osteopathy, and Functional Movement

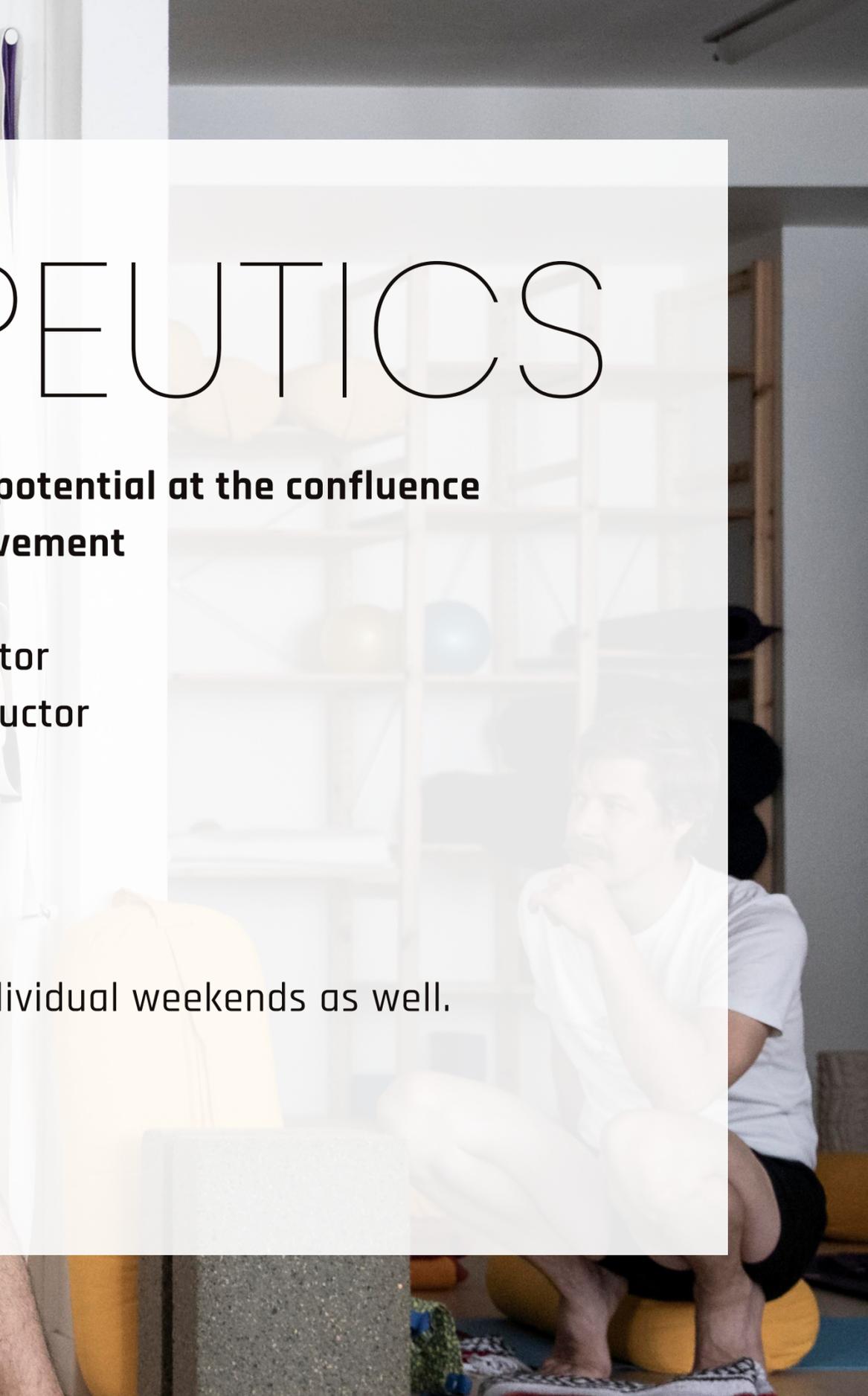
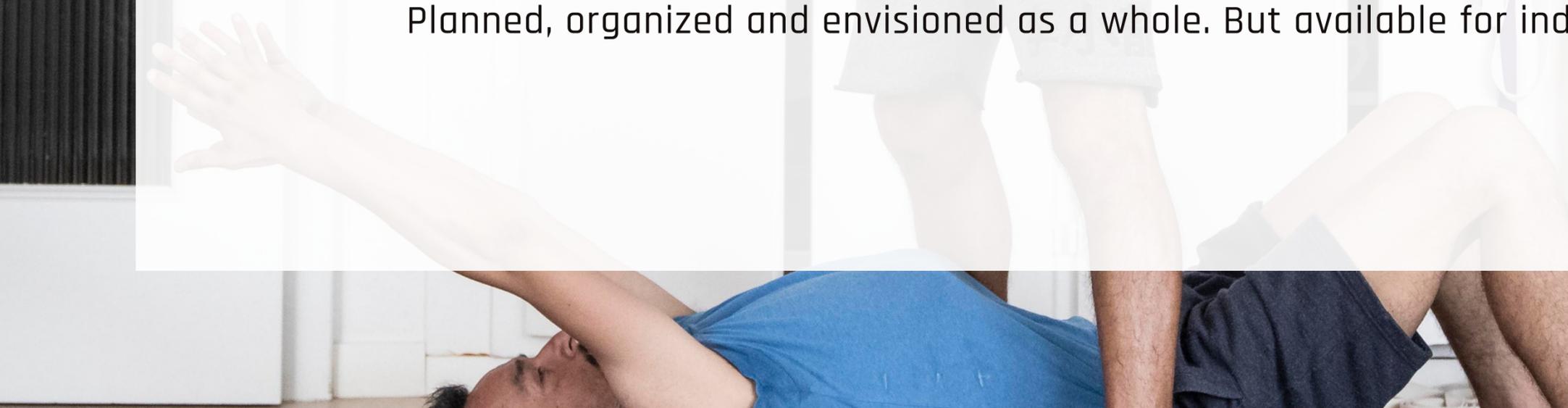
**Led by Billy Konrad, Sr. Iyengar Yoga Instructor
Tobias Lotan, Dr. of Osteopathy and Yoga Instructor**

At Yug-iN Yoga Centre, Nantes, France

October 2023 - Summer 2026

Three 3-day Weekend Intensives Per Year

Planned, organized and envisioned as a whole. But available for individual weekends as well.



THE APPROCHE OF THE PROGRAM AND ITS DEEPENING CYCLES

The science of osteopathy, the precision and rigor of Iyengar yoga, and a clear guiding vision toward individual empowerment come together in the Program to create a powerful, transformative practice and therapeutic approach. Oriented to empower individual practitioners, or students under their guidance - especially those with acute physical restriction and pain - to take charge of their inherent potential and responsibility for self-healing and well-being.

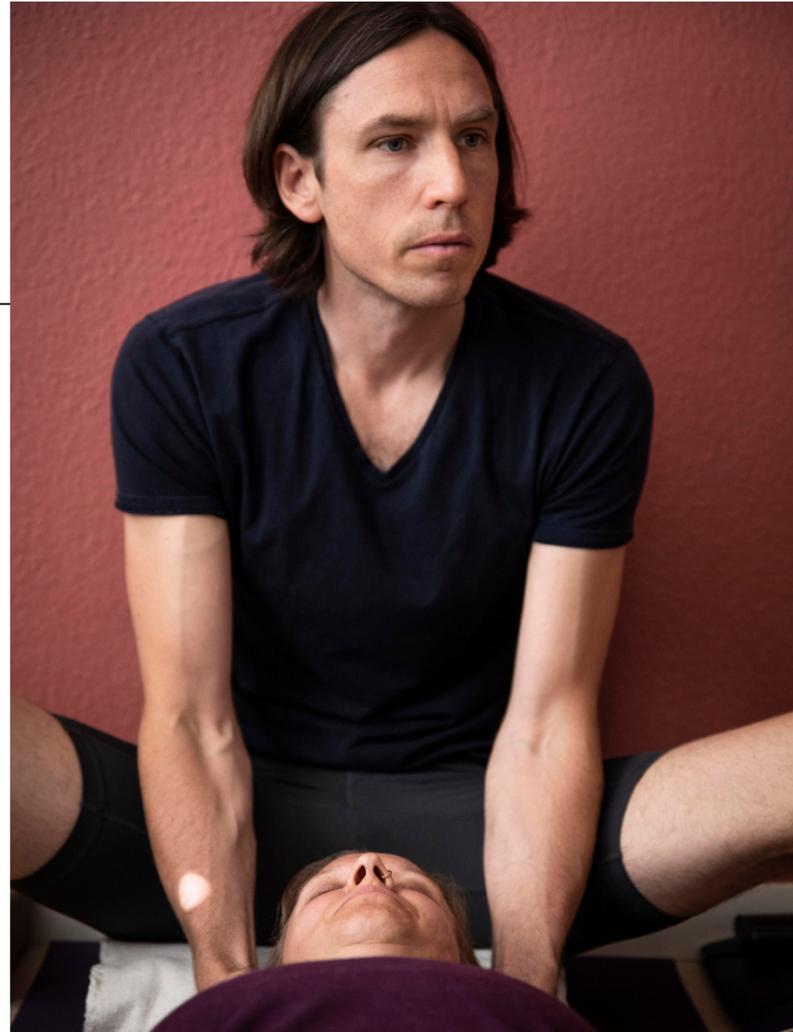
Billy and Tobias offer a practical, accessible vision of the practice of yoga. One driven by a fundamental assertion that human beings possess infinite creative potential, and are born free, sovereign, and fully responsible for their own physical, emotional, and spiritual well-being. Their approach is nourished by the technical knowledge of osteopahty, the long tradition embedded in Iyengar Yoga, and the longer line of teachers and texts that form the foundation of their work. They are guided in this Program by a strong belief in the deep rehabilitative potential of a coherent synthesis of these forces.



BILLY & TOBIAS

Their respective experience, rooted in decades of daily practice and exploration, offers a unique vision and approach regarding the therapeutic potential of yoga, particularly toward individuals confronting physical and/or physiological dysfunction and restriction.

Beyond theoretical knowledge, participants will also be guided by Billy and Tobias through a deepening apprenticeship into their own practice and body. The foundation that empowers any therapist or teacher to help another lies in the quality of their own process, and the level of their own embodiment. This is the first principle of any 'healer'. As such, emphasis will also be placed on personal practice, study, and internal exploration.

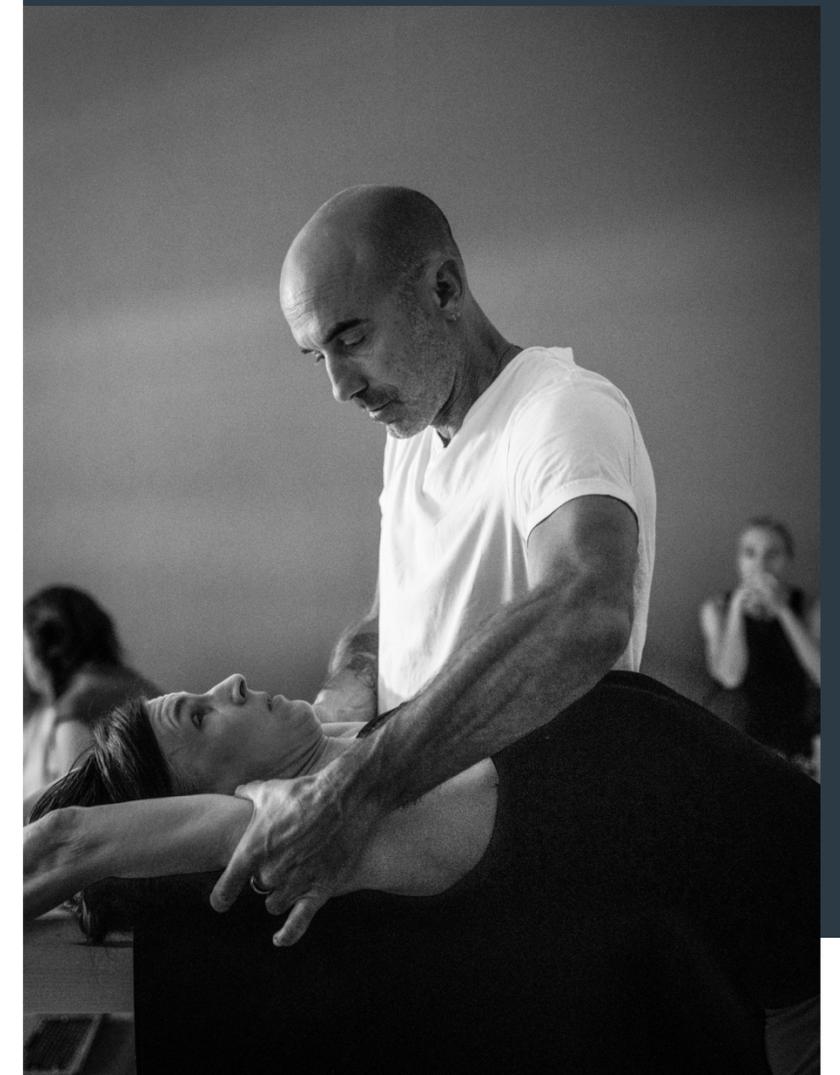


TOBIAS LOTAN

*DR. OF OSTEOPATHY AND
YOGA INSTRUCTOR*

BILLY KONRAD

*SR. IYENGAR YOGA
INSTRUCTOR*





THE STRUCTURE OF THE PROGRAM AND ITS DEEPENING CYCLES

- **Year 1: Rehabilitation and Recovery**

How to reduce acute pain and inflammation, and ease through physical restriction

- **Year 2: Return to Fullness and Function**

How to move from specific rehabilitation to a broader, global state of coordinated function and movement.

- **Year 3: Physiological, Psychological and Emotional well-being**

How does the practice of Yoga contribute to the vitality and coherence of these more subtle, foundational realms.

Note : Each weekend is dedicated to specific zones of the body, and specific archetypal yoga postures expressed in those zones. The same zones are repeated and re-visited in Year 2, moving from rehabilitation to optimal function.

- 1st Weekend of the Year: Neck, Shoulders, Upper Back
- 2nd Weekend of the Year: Feet, Ankles, Knees
- 3rd Weekend of the Year: Hips, Lower Back, Core



therapists

yoga
instructors

THIS DEEPENING EXPLORATION IS OPEN TO:

- yoga instructors from all traditions
- experienced and committed yoga practitioners
- therapists from other modalities and traditions who wish to deepen their knowledge and competence in treating various physical and/or physiological pathologies and limitations with these tools.

experienced
practitioners



SUBJECTS COVERED EACH WEEKEND INCLUDE:

- Relevant Anatomy and Physiology
- Therapeutic variations of the foundational, archetypal yoga postures and functional human movements
- The art of adjusting, modification, support, and use of materials to make the classic postures and foundational movements accessible and rehabilitative
- Personal Asana and Pranayama practice to unlock the fuller potential and healing capacity of the individual instructors, therapists, and practitioners.





DATES 2023/24

6 to 8 October 2023

26 to 28 January 2024

31 May to 2 June 2024

HOURS/SCHEDULE

Friday and Saturday 9h - 13h / 16h - 20h

Sunday 9h - 13h / 15h - 18hd

The schedule will be the same for each weekend

TARIF

450€ / week-end

LOCATION

Yug iN

3 rue d'Alger - 44000 Nantes - France

www.yugin.fr

info@yugin.fr

