

The Happy Back Yoga Method
70 hour- Yoga Teacher Training for Spinal Conditions

Transform Your Yoga Teaching Into Therapeutic Impact

2027 Schedule:

Option A: Oct. 4 - Nov. 15, 2027

- **Sundays | 9:30–15:30**
- **In person: October 11, 2026 – Nov. 8, 2027 - 5 weeks**

Location:

Beith Hayoga
 52 Simtat Hahadarim, Beit Yitzhak
www.beithayoga.co.il

Includes 35 hours of Pre-Recorded Material and 35 hours in Person Training

In person dates:

Class # - Date	9:30 - 11:00	11:15-12:45	13:30-15:30
Class 1 - Oct. 11, 2026	Happy Back - Lower Back Theory & Practice	Happy Back - Lower Back Theory & Practice	Spinal Assessment
Class 2 - Oct. 18, 2026	Happy Back - Lower Back Theory & Practice	Happy Back - Lower Back Theory & Practice	Spinal Assessment
Class 3 - Oct. 25, 2026	Happy Back - The Sacroiliac Joint Theory & Practice	Happy Back - The Sacroiliac Joint Theory & Practice	Case studies & Session Planning
Class 4 - Nov. 1, 2026	Happy Back - Scoliosis Theory & Practice	Happy Back - Scoliosis Theory & Practice	Case Studies & Session Planning
Class 5 - Nov. 8, 2026	Happy Back - Upper Back and Neck	Happy Back - Upper Back and Neck	Cervical Spine Assessment & Session Planning

Option B: Jan. 15 - Feb. 26, 2027

- **Fridays | 11 –15:30**
- **In Person: Jan. 22 - Feb. 26, 2027 - 6 weeks**

Location:

Physi-Yoga Studio

Hasadna 11, 2nd Floor, Raanana

physi-yoga.org

Includes 35 hours of Pre-Recorded Material and 35 hours in Person Training

In person dates:

Class # - Date	11:00 - 13:00	13:30-15:30
Class 1 - Jan. 22, 2027	Happy Back - Lower Back Theory & Practice	Happy Back - Lower Back Theory & Practice
Class 2 - Jan. 29, 2027	Happy Back - Lower Back Theory & Practice	Happy Back - Lower Back Theory & Practice
Class 3 - Feb. 5, 2027	Happy Back - The Sacroiliac Joint Theory & Practice	Happy Back - The Sacroiliac Joint Theory & Practice
Class 4 - Feb. 12, 2027	Happy Back - Scoliosis Theory & Practice	Happy Back - Scoliosis Theory & Practice
Class 5 - Feb. 19, 2027	Happy Back - Upper Back and Neck Theory & Practice	Happy Back - Upper Back and Neck Theory & Practice
Class 6 - Feb. 26, 2027	Case studies & Session Planning	Practice Teaching/ Presentations

TUITION: 3,600 NIS

includes 35 academic hours online pre-recorded sessions and 35 academic hours in person