

Healthy aging with yogic therapeutic exercise

Physician, yoga & wellness instructor

J. Yusuf Q. Erskine, DO



Registration form

Name:

Email:

Phone:

Prior experience:

Health status:

Scan and send to yusuferskinedo@gmail.com or call our office to discuss registration.

J. Yusuf Q. Erskine, DO biography

My path to becoming an osteopathic physician and homeopathic practitioner was catalyzed by an opportunity to do volunteer work with Mother Teresa in Calcutta, India, in February, 1981. With no prior training and minimal on-site orientation, she welcomed me to her Home for the Dying and Destitute, and to the Shishu Bhavan Children's Orphanage for abandoned children. Taking me into the vast hall for the dying which was previously a Kali Temple, she handed me a bucket of water, a couple of clean rags and pointing to the cots filled with gravely ill and dying individuals, "the forgotten, rejected, unwanted, and dying alone." She instructed me "Go, provide succor!" (*Succor: heartfelt assistance or aid to those in distress.*) This transforming experience was a paradoxical calling of me to my health vocation to help people to truly live, and it was the culmination of my nine-year human growth process working with hatha yoga, karma yoga, and meditation practices to promote health and consciousness.

I began my studies as a physician in Osteopathic medicine in 1985, followed by a three-year, UCSF-based, MD-Family Practice Residency. Then, to assist locally with the ravages of the AIDS epidemic, I completed a one-year public health fellowship in HIV and AIDS care. I opened my medical practice in Sebastopol, California, in 1992.

My yogic teaching practice started in 1974 in Charlottesville, Virginia, after taking personalized teacher training at the Sivananda Ashram Yogic Retreat, Paradise Island, Bahamas.

NCMA Family Wellness Medical Center

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707-829-5455 office

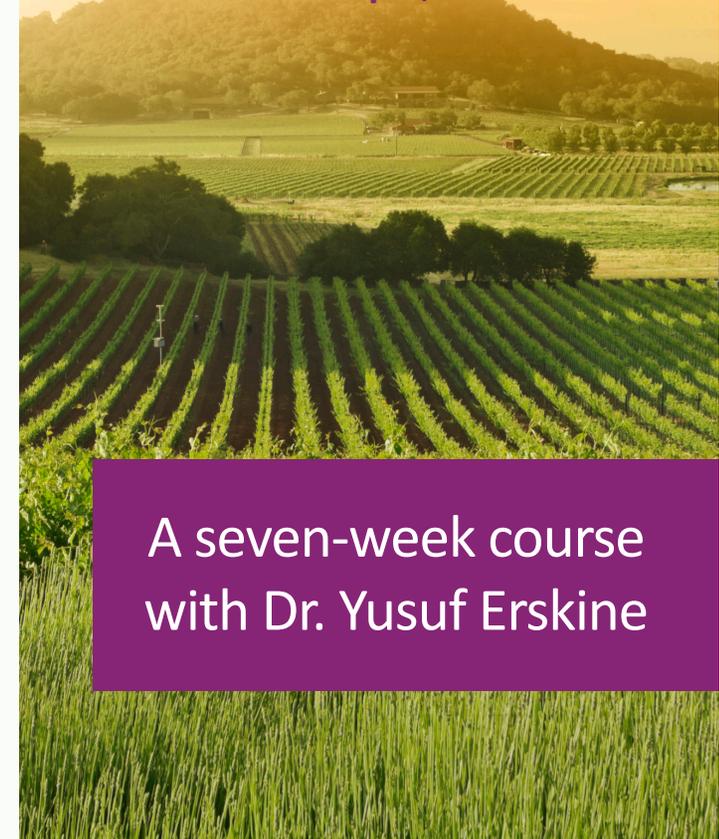
www.drerskine.com

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Manifest healthy aging with yogic therapeutic exercise — ONE YOGA

Jan. 6 to Feb. 17, 2020

Monday evenings, 7 to 8:30 p.m.
Sebastopol, Calif.



A seven-week course with Dr. Yusuf Erskine



NORTHERN CALIFORNIA
MEDICAL ASSOCIATES

Manifest healthy aging with yogic therapeutic exercise — ONE YOGA

Have you been curious about yoga and how your body might feel if you were more flexible and stronger?

Have you wondered if there was a way to regain a fuller expression of your health?

Do better sleep, a calmer mind, and steadier balance seem worthy goals to pursue?

Would your anxiety about yoga be less if taught by a local doctor with 30 years of clinical experience and 40 years of yogic practice?

Program details:

Instructor:

J. Yusuf Q. Erskine, DO

What:

A seven-week sequenced course

When:

Monday evenings, 7–8:30 p.m.
Jan. 6–Feb. 17, 2020

Location:

Downtown Dance / Art Space
172 North Main Street, Sebastopol, CA 95472

Core topics and practices:

- Improving flexibility
- Developing strength
- Enhancing balance
- Vital breathing
- Osteoporosis / bone health
- Stress reduction
- Mindfulness

Say YES to your YES!

— Yes, class size will be limited to ensure personal attention.

— Yes, if you are between 40 and 80 years of age, this class is designed for you.

Reserve your spot now!

Email: yusuferskinedo@gmail.com

