



20 Hour Teacher Training Weekend

Traveling from the Outside In

1. Hands on Adjustments and the Art of looking at bodies 4hrs

This is a four-hour workshop beginning with a discussion on HOA and understanding how postures will look different on different types of bodies and how to access what adjustments are needed. Learn the skill to adjusting in a safe mindful and effective manner. There will be a brief practice to warm up and then moving into inquiry of standing poses exploring simple backbends and seated postures. All levels welcome and learn the art of looking at bodies!

2. Advanced Asana – Inversions and Arm Balances 4hrs

Learn what makes up an advanced practitioner and how to make advanced postures accessible. We will start with a brief discussion on Yoga Vitamins to have a healthy sustainable yoga practice and how to embody the eight limbs of Ashtanga yoga. A three hour advanced asana workshop will follow with the focus on arm balances and inversions. Learn how to make these challenging postures accessible for everyone!

3. Vinyasa Flow – The Art of Sequencing 2hrs

This will be a discussion on the art of designing a safe and effective vinyasa flow class. We will review component parts leading up to a peak pose and how to add intentional based drives that layer your sequence to give it depth. All levels welcome, bring a notebook and pen and let your creative juices flow!

4. Understanding how to work with injuries 3 hrs

Understanding injuries is a crucial part of being a yoga teacher these days. Most people that come to yoga usually have some type of injury they are working with. We will review common injuries and the anatomy involved with those injuries to help to build a healthy sequence strengthening the muscles around the surrounding area. Learn important questions and techniques to ask your students to help them approach their injuries with more awareness and mindfulness.

5. Advanced Asana 4hrs

This will be a continuation of Saturday's discussion and we will explore elements of Samadhi and Viveka leading into the higher limbs of yoga. An advanced backbend workshop will follow breaking down components of the shoulder girdle and releasing deep into the psoas muscle. Pranayama and meditation will follow continuing to explore the higher limbs.

6. Therapeutics 3hrs

In our society today most of us live in an adrenalized state finding it is very hard to slow down and relax. Because of this, stress accumulates and disease begins to form. Simple modalities such as restorative yoga, breath awareness, and meditation can help alleviate stress and create a more peaceful balanced environment keeping your health at an optimal level and preventing future disease. We will explore different types of chronic illness and traumatic situations and use restorative sequences to help restore the body and mind to more healing place.

7. Finding your authentic voice and Self Care 2hrs

As a healer we are giving energy out continually. We need to keep one eye on our clients and most importantly the other eye within, so we are practicing self- care all the time. In this workshop we will discuss what Self Care is and how to continually apply it to your life so you can build a sustainable career and live in abundance.