

## 15-Hour Teacher Training

### Hands-on Adjustments and the Art of Reading Bodies

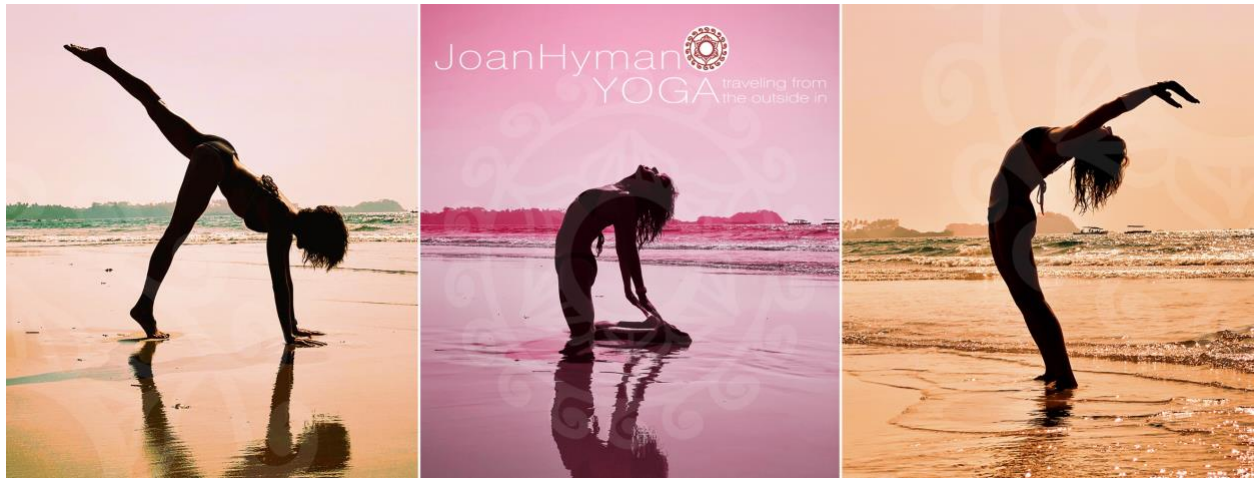
This three-day clinic is for teachers and practitioners who want to increase their knowledge of asana. This workshop is specifically designed for yogis looking to understand alignment in the postures, and for yoga teachers looking to improve their knowledge of how to read bodies and give adjustments that meet student's individual needs. This workshop will help you improve your confidence as a teacher by refining your touch skills.

For students, understanding the alignment in the postures will optimize your experience in the poses.

Learn how to better read and assess body language by using the basic techniques of applying safe and practical hands-on adjustments as well as verbal and energetic adjustments. By focusing on how the poses work on different body types, you will explore several asanas in the opening practices and partner work. Learning how to assist and support others improves your own practice in the process and your understanding on how your body works.

#### **DAY ONE: Feet & legs: Reviewing standing postures**

This day we will focus on foundations and break down the standing postures. Learn what the feet are doing, how to track the knees properly, and engage the hip muscles in a way that helps to protect the lower back. We will open with a two-hour asana practice that will include workshoping standing postures, using the wall and use of props to make these poses accessible for everyone. After a short break, we will discuss hands-on adjustments, how to read lines of energy in the postures and begin the adjustment clinic by looking at the feet and legs and what they are doing in the standing postures.



## **DAY TWO: Arms & shoulders: Breaking down inversions, their preps, and sun salutations**

The sun salutations are an important part of any vinyasa flow class. What is the correct way to teach vinyasa and how can you break it down so students can approach it in a safe and effective way. We will open with a practice breaking down Surya Namaskra including postures like Downward Dog, Upward Dog, Plank and Chatarunga before moving into inversion preps and understanding what the arms and shoulders are doing first before inverting. We will explore what is required before inverting and learning how to create deep shoulder stability, helping to access any inversion!

## **DAY THREE: The Spine: Backbends and twists**

Before students are able to approach deeper backbends and twists, it is required to have an understanding of how the appendicular body (the arms, shoulders, legs, and hips) work first. We will open with a backbend and twisting practice, looking at how different bodies respond to these postures and how to make them accessible for everyone. We will the use of props, adjustments, and verbal cues to learn how the spine is the safest for the individual in backbends and twists.

After practice, we will continue to review hands-on adjustments that meet the individual's needs closing with a discussion on hands-on adjustments and how to integrate what you learned this weekend into your practice and teaching!