

Advertising and marketing

Website: <http://www.soleilluneyoga.com/200hrteacher-training>

Facebook: <https://www.facebook.com/SoleilLuneYoga>

DO YOU LOVE YOGA?

DO YOU WANT TO BE THE CHANGE?

SOLEIL LUNE YOGA TEACHER TRAINING

Soleil Lune Yoga Center's Vinaya Flow 200 Hour & Advanced Studies & Teacher Training Program is a foundational yoga training based upon the deep wisdom of Hatha Yoga, with an emphasis on Vinyasa Sequencing, alignment and the use of various Uttagas. This training will provide participant the knowledge, practice and experience to take their practice deeper as well as become dynamic, innovative and inspiring yoga teachers. This training is open to all students who want to be the change their knowledge of yoga and become yoga teachers. We welcome you to immerse yourself, discover who you are, and be the change!



SCHOOL INFORMATION

Soleil Lune Yoga School

Instructors: Trish Washburn & Kate Yank

288 South Main Street, Oconomowoc, WI 53099

Telephone: 762.705.5185

Email: trish@soleilluneyoga.com

www.soleilluneyoga.com

FALL 2017 CONTINUING EDUCATION COURSE SERIES



THE MAGIC & ART OF YOGA ADJUSTMENTS

SEPTEMBER 12-13, 2017
INVESTMENT: \$225 FOR 21 HOURS

The Magic and Art of Yoga Adjustments will teach you how, why and when to apply effective hands-on adjustments. Gain confidence with more tools to help your students enhance their practice. (This seminar is for those who have completed the 200-hour teacher training and are looking to deepen their understanding of adjusting principles, the mechanics of adjusting, the art of adjusting, and the use of props in adjusting.) Practice for your students. You will be given the opportunity to practice hands-on adjustments, including: the common postures. We will provide you with hands-on, experiential learning as you use the tools within your teaching to adapt hands-on adjustments to bodies of varying heights, degrees of flexibility, strength, and level of practice. When a teacher adjusts with sensitivity and awareness, responding to the student's physical and mental state, the student and the teacher become one. There is no longer a student/teacher relationship, and the adjustment is the student. This is Yoga.



THE MAGIC & ART OF YOGA SEQUENCING

NOVEMBER 3-4, 2017
INVESTMENT: \$225 FOR 21 HOURS

Do you struggle with sequencing? Do you struggle with effective yoga sequencing? The Magic & Art of Yoga Sequencing course will give you with the knowledge, inspiration, and technique you need to generate fresh, safe sequences that represent your voice and vision as a teacher. The question of yoga sequencing is one each teacher faces when designing a yoga class. To be safe, accessible, and transformational, why not practice first, then think and then might the name, rather than think? What are the functional and energetic relationships among postures and how do these relationships change when postures are arranged differently? What are the effects of pranayama practice at different points in a class? This workshop is essential to all yoga teachers and practitioners who desire to develop a sustainable Yoga Plus practice that captures their individuality and spirit. We will look closely at the relationships of asana within and between asana families to appreciate how they affect one another during the course of a class. Working in small groups, you design a variety of classes for different student conditions, mindsets, and ages as one large collaborative group to refine these class designs. This course is just for you! For details on how you can become a yoga teacher, visit www.soleilluneyoga.com or call 762.705.5185.

FOR MORE INFORMATION COURSE
DUPONE, SCHEDULE, BREAKDOWN OR
CEC HOURS, AND REGISTRATION VISIT
SOLEILLUNEYOGA.COM/CEC

288 South Main Street, Oconomowoc, WI 53099 | 762.705.5185 | www.soleilluneyoga.com
trish@soleilluneyoga.com