

Advertising and marketing

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

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DO YOU LOVE YOGA?

DO YOU WANT TO BE THE CHANGE?

SOLEIL LUNE YOGA TEACHER TRAINING

Soleil Lune Yoga Center's Vinyasa Flow 200 Hour Advanced Studies & Teacher Training Program is a foundational yoga training based upon the deep roots of Hatha Yoga, with an emphasis on Vinyasa sequencing, alignment and the use of props (yogas). 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 would like to deepen their knowledge of yoga and/or 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
298 South Main Street, Oconomowoc, WI 53086
Telephone: 762.702.1185
Email: trish@soleilluneyoga.com



www.soleilluneyoga.com

FALL 2017 CONTINUING EDUCATION COURSE SERIES

THE MAGIC & ART OF YOGA ADJUSTMENTS

September 12th, 2017
INVESTMENT: \$225 FOR 2 HOURS

The Magic and Art of Yoga Adjustments will teach you not only why and how to apply effective hands-on adjustments. Gain confidence with more tools to help your students understand deeper their practice. (with seminar you will learn about the energetics of adjusting, types of adjusting, principles of adjusting, and the mechanics of adjusting. You will also learn how to Assess an Adjuster's Practice for your students. You will be given the opportunity to practice hands-on adjusting techniques on volunteer partners. We will provide you feedback, explanatory learning as you see the students within your teaching to assist 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 receiver's physical and mental needs, the student and the teacher become one. There is no longer boundaries between the giver and the adjusted. The student, the teacher, the yoga.



THE MAGIC & ART OF YOGA SEQUENCING

November 3rd, 2017
INVESTMENT: \$225 FOR 2 HOURS

Mastering sequencing is a magical, artistic, and effective yoga sequence! The Magic & Art of Yoga Sequencing covers 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 yoga classes to be safe, accessible, and transformational. Why this process? First, this class will show you the science behind it. 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 postures in practice or different poses in a class? This workshop is essential to all yoga teachers and practitioners who desire to deeply understand a Yoga Flow practice and capture their individuality and spirit. We will look closely at the characteristics of poses within and between asana families to appreciate how they affect one another during the course of class. Working in small groups, you design a variety of classes for different students conditions, modifications, and work in one large collaborative group to refine these class designs. This course is right for you! For those of you who practice and teach yoga, this class, more space and freedom and for you of trish@soleilluneyoga.com



FOR MORE INFORMATION COURSE OUTLINE, SCHEDULE, BREAKDOWN OF CEU HOURS, AND REGISTRATION VISIT SOLEILLUNEYOGA.COM/CEC

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