

2018 Continued Education Program

All programs take place Friday 6:30-9:30, Saturday 1-9, and Sunday 11:30-3:30

FEBRUARY

AWARENESS IN ASSISTING

Amy Wolff E-RYT500, Yoga Medicine 500, Director of Education, RYS **Feb. 2, 3 & 4**

Dive deep into the power and psychology of touch and personal space. Learn the who, what, where, when, why and how of assisting. We will learn deeply about anatomy, safety, ethics and liability. Leave confident in your ability to connect with your students whether in the studio, gym or a yoga private

APRIL

THE PSYCHOLOGY OF YOGA

Dr. Helaine Sheias E-RTY500, RYPT, YACEP **Apr. 6, 7 & 8**

Grow in power & presence as a teacher by developing an understanding of where psychology and yoga meet on the mat. We will focus on the psychology of sequencing & assisting, as well as an awareness of your own psychological states when teaching. Learn how to create safe transformation for your students while maintaining healthy boundaries and yoga ethics.

JULY

THERAPEUTICS & PRIVATE CLASSES

Yvette Racines & Dr. Helaine Sheias & Amy Wolff **July 13, 14 & 15**

Clients that book private classes are looking for guidance, clarification, tips, and knowledge, but most of all: healing. 3 teachers bring unique and varying expertise in yoga therapy. Leave with the confidence you need to work with your clients one on one in a powerful and transformational way.

SEPTEMBER

THE PRACTICE OF PRANAYAMA

Pamela Maldonado E-RYT500, Owner of Renew Yoga **Sept. 28, 29 & 30**

Pranayama is the breath of life, the third limb on the eight limbed path of yoga and a practice all on its own. Explore the depth of the healing benefits of pranayama and learn how to teach this ancient discipline to your students as well as enrich your personal practice.