

MODULAR YOGA ADJUSTMENT TRAINING

For Yoga Teachers in Groningen

Skillful, sensitive and appropriate touch have the power to transport your students to a more conscious awareness and self-awareness in their yoga practice. In teaching yoga, conveying information by means of touch has enormous benefits for the student.

Our body understands so much without language, often the understanding is also at a much deeper level. Adjustments are very beneficial for healing: the nervous and muscle systems pick up a lot through touch, enabling an instant understanding that cannot be replaced by words. A good adjustment should offer the student more space and direction while releasing unnecessary tension.

In this comprehensive modular adjustment training you will develop your observational skills, learn and practice effective and safe hands-on adjustments that both address common misalignment and encourage inner guidance. The modules build upon one another.

Maxi's expertise in hands-on adjustments stems from extensive training and observing students' bodies and being recognized for effectively and safely applying hands-on adjustments in her daily teaching since 2009.



Details on backside



THE MODULES

1. Basics: The ethics & philosophy of adjustments. Adjustments for full breathing (ujjayi); Sun Salutations and standing poses part 1
- 2: Standing poses part 2, balancing poses and arm balances
- 3: Seated Poses
- 4: Backbends & preparation for backbends and inversions

DATES - TIMES - LOCATION

Module 1 & 2: 16/17.10.2021; 10.00-15.00h; at Moesstraat 47

Module 3 & 4: 13/14.11.2021, 10.00-15.00h; at Moesstraat 47

TUITION FEES

Early bird (until 1.7.2021): €105 (1 module), €200 (2 modules), € 385 (all 4)

Normal rate: €115 (1 module), €215 (2 modules), €410 (all 4)

**In the unlikely case the training cannot go through due to outside circumstances, paid fees will be fully reimbursed*

REGISTRATION

info@yogalos.nl

MORE ABOUT THE TEACHER

www.bhumiyoga.nl/team