



Continuing Education and Advanced Training Modules

Open to Registered Yoga Teachers and serious students. Each module includes 15 Yoga Alliance approved continuing education hours. Take 1 or all 3. A 90-minute power yoga class will be offered each day, along with hands on practice of each skill. Immerse yourself in one or several weekend intensives to expand your depth of knowledge and fuel your passion. Tuition is \$375 per module.

Module 1: **Mastery of the Five Pillars of Yoga**

Practice, learn and learn to teach, the Five Pillars of Yoga, from the philosophy of Baron Baptiste. Kellie Matthes, a Certified Baptiste Teacher will guide participants through Journey Into Power, incorporating the Five Pillars, Ujjayi, Drishti, Bandhas, Tapas and Vinyasa. Participants will finish with a working knowledge of the key physical components of a power yoga practice and with an understanding of how to teach Journey Into Power.

Dates: January 19, 20, 21

Times: Friday 5-8pm, Saturday and Sunday 8am-3pm

Module 3: **Assisting & Alignment**

Practice deepening, stabilizing and directional assisting skills, while learning about the alignment and anatomy of each pose. Skill work will include practicing the physical work as student and teacher, with at least 1 hour per day focused on inversion skills.

Dates: February 16, 17, 18

Times: Friday 5-8pm, Saturday and Sunday 8am-3pm

Module 2: **Powerful Teaching**

Engage in teaching exercises guaranteed to make an impact on your teaching style. Learn communication and cueing skills to connect with students and how to take the seat of teacher with confidence. Use of voice, managing the space of the classroom and leadership qualities will be covered.

Dates: March 30, 31 & April 1

Times: Friday 5-8pm, Saturday and Sunday 8am-3pm