

SET UP FOR SUCCESS

Yoga Intensive and Teacher Training

with CHRISTINA SELL

Wednesday – Sunday, 23rd – 27th May 2018



For many teachers and practitioners, advanced postures are an all-or-nothing experience: either you can do them or you can't. While capacities differ considerably from person to person, every student can be set up for greater success through skillful, progressive sequencing, intelligent use of props, and a few careful adjustments.

Christina Sell is known for her clarity, down-to-earth teaching style, and her ability to break even the most challenging poses and concepts down into component parts. She has designed this five-day immersion as an educational and inspirational experience that will help students and teachers of all levels learn how to create dynamic and empowering sequences to help their students make progress in both basic and more advanced postures and give participants a chance to learn how to use props and hand-on adjustments selectively and confidently.

Sincere yoga practitioners will benefit from Christina's dynamic, thoughtful, and progressive approach to asana and can expect to learn nuanced alignment instructions that will refine their postures, expand their understanding, and create a greater awareness of the transformational process asana offers.

New and experienced yoga teachers will enjoy Christina's collegial and respectful approach to teacher training where questions are welcome, authentic expression is encouraged, and where detailed learning protocols are balanced with fun. Teachers can expect to learn new alignment cues, new prop techniques, refined sequencing strategies, and practice with hands-on adjustments.

Teachers from all traditions will benefit from this training. Both alignment and vinyasa teachers will enjoy moving deeper into the asanas with clarity, intelligence, and precision and will gain new perspectives in how to create classes that will help their students advance.

The first part of each day will be a strong asana class aimed at helping teachers and committed students advance in their personal practices. Students can expect well-rounded practices with a variety of strategies aimed at deepening understanding and proficiency. Along with strong asana practice students can expect demonstrations and explanations throughout to help increase understanding of the work. Each day will include a full spectrum asana practice - standing poses, back bends, hip openers, twists and arm balances will all be explored in both new and familiar ways to help you learn and grow.

The teacher's sessions will provide time for introspection and offer informative lectures and discussions on poses, themes, anatomical principles, work with props, hands-on adjustments and other relevant teaching methods.

If you have been looking for a way to deepen your practice and expand your teaching skills, please join us!





Christina Sell has been practicing yoga since 1991 and teaching since 1998. She is author of “Yoga From the Inside Out: Making Peace with Your Body through Yoga” and “My Body is a Temple: Yoga as a Path to Wholeness”. Known for her methodological approach to sequencing and her pragmatic approach to asana,



Christina teaches locally, nationally, internationally as well as through her extensive online platform where she hosts classes and web-based courses about asana, teaching and spirituality.

Christina’s twenty-five years of study in alignment-oriented asana methods make her uniquely qualified to help students and teachers deepen their personal understanding of the postures and how to make progress through careful practice over time. Her classes are fun, dynamic, insightful and incorporate her life-long love of biomechanics, personal growth and spiritual practice. Her primary teachers include Advanced Senior Iyengar yoga teachers Manousos Manos and Patricia Walden, as well as John Shumacher, George Purvis and Laurie Blakeney. Christina draws inspiration from many master teachers in Iyengar Yoga, Ashtanga Vinyasa Yoga, Anusara Yoga and Bikram Yoga. For more information about her and her work visit her website at www.christinasell.com

INVESTMENT

5-DAY FULL WORKSHOP **S\$1190 Early Bird**. Otherwise S\$1350

Time: 8.00AM - 11:00AM Asana classes; 12:00PM - 3:00PM Teacher Training Session

5-DAY ASANA SESSIONS only **S\$600 Early Bird**. Otherwise S\$700

Time: 8.00AM - 11:00AM Asana classes

*All prices are inclusive of GST

**Early Bird FULL payment by 1st May, 2018*

This module counts as **35 hours** towards the 300 hour advanced certification with Space & Light Yoga. For more information, please contact us.

VENUE

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