

AIM YOUR ARROW

Tantra Vinyasa: The Advanced Practice & Teaching of Yoga with SIANNA SHERMAN

5 Days Advanced Teacher Training | 10th - 14th December 2015



Transform your personal practice and launch your teaching to the next level in this Tantra Vinyasa intensive. Tantra teaches yoga techniques to grow and expand the self while vinyasa creates a powerful flow of the practices for transformation. The arrow is a symbol of dharma, divine life purpose, where clarity equals power and the yogi is no longer governed by fear and insecurity. Gods, Goddesses & Yogic Warriors are often depicted with a bow and arrow. Morning practices begin with myth, mantra & mudra sadhana followed by an advanced asana practice with pranayama and meditation.

Afternoon sessions are devoted to advanced teaching methodology that will give you skills for a lifetime of teaching including:

- Learn powerful sequences for Tantra Vinyasa practices
- Face your fears and transform your voice as a teacher
- Get on point with your words
- Clarify your personal dharma
- Strengthen your vessel to be strong & clear
- Receive direct feedback to awaken at your growth edge

This Tantra vinyasa teacher training is the integration of Tantric yoga practices: asana, mantra, mudra, meditation, pranayama, self-inquiry and commitment to release the egoic tensions, untie the knots of the heart and bring forth your creative energy in service of the greater whole.



PROGRAMME

DAY 1: THURSDAY, 10 DECEMBER

9:30am – 12 noon | Advanced Practice

Fire: Form & Flow (standing poses, backbends, arm balances, inversions) - dedicated to Agni Mandala practices - the fiery practices to stoke the fire of transformation.

1:30pm – 5:30pm | Advanced Teaching: Sequencing Skills

DAY 2: FRIDAY, 11 DECEMBER

2.30pm – 5pm | Advanced Practice

Nectar: Form & Flow (deep hips, twists, forward folds, inversions and restoratives) - dedicated to Soma Mandala practices - the nectar practices of nourishment and innermost healing

DAY 3: SATURDAY, 12 DECEMBER

9am – 11.30am | Advanced Practice: Growth Edge (Deeper Asana with Adjustments)

DAY 4: SUNDAY, 13 DECEMBER

9:30am – 12 noon | Advanced Practice: Backbends & Energy Practices

1:30pm – 5:30pm | Advanced Teaching: Spin the Prayer Wheel (practices that serve to untie the knots of our hearts)

DAY 5: MONDAY, 14 DECEMBER

9:30am – 12 noon | Advanced Practice: Deep Hips & Arm Balances

1:30pm – 5:30pm | Advanced Teaching: Hit the Mark (Themes & Voicing)

The afternoon teaching practicums are dedicated to sequencing, speaking on point and generating blessing energy. The spiritual practices of yoga purify the heart, clarify intention, and strengthen the human vessel for Shakti to move through with increasing potency and love.

This training is for yoga teachers who want to strengthen their teaching and for dedicated students who want to take a deep dive in the Fire & Nectar practices of Yoga and Tantra.

INVESTMENT

All 5 days (full session): **\$980/early bird** | **\$1150/regular**

Teacher training sessions ONLY (3 sessions): **\$580/early bird** | **\$680/regular**

Asana sessions ONLY (5 sessions): **\$500/early bird** | **\$600/regular**

Early bird deadline: 30 November 2015 (payment in full required). \$150 cancellation fee.

No refunds for any cancellation within one week of commencement of event.

Priority will be given to those signing up for the full workshop.

Payment by Cash or Cheque only (Credit card payment - 2% bank charges apply).

VENUE

Space & Light Yoga @ R-evolution
1 Harbourfront Walk, Vivocity #03-09, Singapore 098585

INFO AND REGISTRATION

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