



2 DAY Advanced Yoga Teacher Training

with **NOAH MAZÉ**

**Thursday – Friday,
21st – 22nd February 2019**

THURSDAY 21 FEBRUARY | 8.30am – 11am & 12.30pm – 4pm

Form & Function: Demystifying Alignment

This yogis (and teachers of yoga) of all levels, this workshop will expand your understanding of yoga asana, functional anatomy and kinesiology and sequencing with a dynamic mix of theory and experiential practice. For yogis of all levels, this session will increase your knowledge and you will gain new tools and skills to implement into your yoga practice (and teaching). Every pose is a combination of stability and ease (sthira / sukha), but all too often we get bogged down with contradictory alignment cues and actions that leave us overwhelmed and confused, both physically and mentally. Noah will offer a powerful and logical, step-by-step process for understanding and practicing asana alignment in this compelling workshop: the morning session will be an alignment based asana workshop featuring step by step sequencing, applied anatomy and creative prop work. The afternoon will dive more deeply into explanation, pose analysis, more anatomy and sequencing strategies. Please bring a notebook.

FRIDAY 22 FEBRUARY | 8.30am – 11am & 12.30pm – 4pm

Form, Function & Flow: Demystifying Vinyasa

For vinyasa yogis (and teachers of vinyasa) of all levels, this workshop will expand your understanding of vinyasa yoga, breath based movement, bandhas, linked poses and sequencing strategies. The morning session will dive deeply into all things vinyasa with a strong vinyasa workshop. The afternoon will dive deeply into pose analysis and improvement, vinyasa theory and organizing principles, vinyasa sequencing and how to skillfully balance pose alignment and vinyasa choreography, dynamic pace, rhythm and breath awareness. You will acquire knowledge and many relevant and practical tools and techniques to implement into your practice (and teaching). Please bring a towel and a notebook

This module (together with the Weekend Yoga Immersion) counts as 25 hours towards the 300 hour advance certification with Space & Light Yoga

INVESTMENT

2-DAY Advanced TT Only **S\$530 Early Bird**. Otherwise S\$580

1-Day Advanced TT **S\$280 Early Bird**. Otherwise S\$310

Time: 8.30am-11am; 12.30pm – 4pm

Early Bird FULL payment by 10th February 2019

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