

SHOULDER IMMERSION ANATOMY, DYSFUNCTION & APPLICATIONS

with TIFFANY CRUIKSHANK (25 hours)



Sunday - Wednesday
4th – 7th JUNE 2017

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Practice
8am – 10am

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Lectures & Application
12 noon – 4pm

The Shoulder Immersion will look at the anatomy and function of the shoulder and dysfunction that can occur here, exploring common injuries of the neck and how to work with students to heal problems in this area by personalizing the practice. You will gain foundational knowledge of the shoulder's anatomy and learn how to apply the practice in an adaptable and personalized approach for any level, style of yoga or body.

This intensive four-day training is ideal for yoga teachers or advanced practitioners seeking to deepen their understanding of the shoulder's functionality and anatomy to improve their teachings with groups/privates and to raise their own practice. Each day will begin with an asana practice tailored to the day's lesson, followed by an afternoon lecture intermingled with case studies, hands-on learning and discussion.





Tiffany Cruikshank is an internationally renowned yoga instructor, who has spent the past 20 years crafting a methodology for teaching and practicing yoga, wherein the practice is melded with anatomy and notions of Eastern/Western medicine. Cruikshank's teaching is held up by her work as a holistic health practitioner, acupuncturist, and sports medicine expert. Based in Seattle, Cruikshank teaches regularly for YogaGlo, and travels extensively around the world. She is also the author of the books *Meditate Your Weight* and *Optimal Health for a Vibrant Life*. Her approach has helped thousands of yogis around the world see their practice in a new light as a result of Cruikshank's innovative thinking and dedication to the practice.

INVESTMENT

s\$980 (early bird price- full payment prior to 28th February 2017)

s\$1130 (full payment on or after 1st March 2017)

Deposit to confirm your space: **s\$350** (non-refundable)

Bank account details (please transfer amount without deduction of any local and/or overseas bank charges):

Account Holder (Beneficiary) Name: Space & Light Yoga LLP

Account Number: 357-303-275-4

Bank: United Overseas Bank

Bank Code: 7375

Branch Code: 018

Bank Address: 80 Raffles Place, UOB Plaza 1, Singapore 048624

SWIFT CODE: UOVBSGSG

Please indicate your name and "Tiffany immersion" in your transfer.

No audio or video recordings are permitted during the training.

The deposit is non-refundable.

In order to attend the immersion, your balance payment (minus the S\$350 deposit) must be received by 28th February 2017. The balance payment is non-refundable after 15th April 2017.

This module counts as 25 hours towards the 500hr or 1000hr certification with Yoga Medicine OR the 500hr certification with Space & Light Yoga. For more information, please contact us.

VENUE

COMO Shambhala Urban Escape
402 Orchard Rd., Level 6, Delphi Orchard, Singapore 238876

INFO AND REGISTRATION

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