

THE YOGA WEEKEND

# TEACHERS RETREAT



**\*open to certified teachers\***

**Be steeped in practice for 24 hours of immersion to enhance your teaching, get a boost of inspiration and further your personal evolution**

## THURSDAY SEPTEMBER 14<sup>TH</sup>

**4 pm Arrival, Check In & Intro**

**5-7 pm Master Class**

**7:15 pm Dinner**

## FRIDAY, SEPTEMBER 15<sup>TH</sup>

**8 am Breakfast**

**8:45 - 11:45 am Workshop I**

**12 pm Lunch**

**1:30 - 4:30 pm Workshop II**

**5 pm Dinner**

## TEACHER TRAINING WORKSHOPS **choose 2**

**These professional development workshops are designed to sharpen teaching skills and gain insight with a focused intensive practice**

	Workshop	Teacher
<b>Workshop I</b>	Engaging Your Vital Energy: Vayus and Lines of Force	JP Tamblyn
	Svadyaya: Evolution Revolution	Tracey Soghrati
	The Art of Sequencing	Kate Gillespie
	Chakra Quest	Lisa Messina
<b>Workshop II</b>	Pathophysiology for Yoga Teachers	Tracey Soghrati
	Six Human Needs for Yoga Teachers	JP Tamblyn
	The Art of Assisting	Kate Gillespie
	Being a Yoga Teacher is the definition of vulnerability & courage	Sandra Lax

See full descriptions below



## Workshops I Descriptions (8:45-11:45)

### **Engaging Your Vital Energy: Vayus and Lines of Force**

#### **JP Tamblyn**

The 5 Vayus, or "vital winds" are 5 movements of prana (energy) that flow through each of us at all times. Learning to identify, feel, and even influence these movements of prana in your body can bring an experience of power and energy to our practice that is truly transformative. When we combine this with an understanding of "Lines of Force" in postures, our practice takes on a new level of depth, integrity and clarity. This workshop will not only leave you with a new understanding of "Pranayama's potential in asana", but also the means to make your postures lighter, more grounded, more stable, more expansive and more graceful.

### **Svadyaya: Evolution Revolution**

#### **Tracey Soghrati**

Join Tracey for an intensive of self-growth. Using the paradigms of yoga as a template for growth we will work on developing appropriate boundaries (internal and external), cultivating health that is specific to you and your body, connecting to your internal value systems, developing clarity around identity, cultivating reciprocal relationships and learning to repair ruptured aspects of the self. Journal Included © Soghrati Yoga

### **The Art of Sequencing**

#### **Kate Gillespie**

Learn how to curate inventive and thoughtful sequences to create powerful experiences for your students. My sequencing is inspired by the alignment and attention of Iyengar Yoga combined with the fluid nature of Vinyasa to create a state of flow that makes sense in the body. In this teachers workshop, we will practice first and then discuss how to explore freedom and creativity within safe and logical anatomical boundaries.

### **Chakra Quest**

#### **Lisa Messina**

An in-depth adventure through your whole being from the tangible to intangible. Explore the seven vital energy centres known as the chakras. This progressive series offers a diverse blend of practices including: dynamic exercises, therapeutics, restorative postures, breathing exercises, meditation, and group work. Learn to connect your practice and teaching to the root up to the crown. Bring a pen and a journal.



## Workshops II Descriptions (1:30-4:30)

### Pathophysiology for Yoga Teachers

#### Tracey Soghrati

Tracey will unpack common pathologies from a systems perspective. Expect to explore the Musculoskeletal system (tendinitis, bursitis, SI joint dysfunction, posture assessment, osteoarthritis, osteoporosis), Cardio-Pulmonary (cardiovascular disorders, asthma, copd, pranayama), Gastrointestinal (IBS, Crohns, Colitis).

### Six Human Needs for Yoga Teachers

#### JP Tamblyn

A workshop inspired by what JP calls "...possibly the most impactful lesson I have learned..." A distinction taught by Tony Robbins which has been incredibly effective and enlightening in providing powerful insight into people's behaviours, differing personalities, preferences and choices. While Tony teaches the 6 Human Needs as a tool for understanding human behaviour on a wider scale, we can take these clear and effective principles and apply them to our teaching and the creation of yoga communities. Explore yourself and your teaching in an effort to understand your journey and where you want it to go next.

### The Art of Assisting

#### Kate Gillespie

As both teachers and students, we know the importance of adjustments in the yoga practice. This workshop is about exploring both verbal and hands-on assists to refine your skills as a teacher. Learn how to use your hands as another form of communication, how to see misalignment, the order of operations from entry to exit, how to combine verbal cues with touch, and how to use your knowledge of anatomy to help your students grow.

### Being a Yoga Teacher is the definition of vulnerability and courage

#### Sandra Lax

As yoga teachers, we share personal truths from the heart, philosophies interpreted and explore and support the human body. How do we balance being a person who is privileged to be of service to others and a human who also experiences life challenges and hardships? Discover the Daring Way™ model, a highly experiential methodology based on more than 15 years of research by Dr. Brené Brown on courage, vulnerability, shame, and empathy to deconstruct 'Ideal and Unwanted Identities'. Examine how perfectionism and comparison are the thieves of ZEN, and how embracing our own imperfections can allow us to be more true, brave, and creative with our own practices and students.