

West end yoga studio
the yoga den



43 Vulture Street
www.theyogaden.com.au

Teacher Training 09

Alignment & Sequencing Weekends

With Kate Pell

As an introduction to the Teacher Training course that Kate will be running in 2010, students are welcomed to join in on these 4 weekends, specifically designed to begin the process of understanding Alignment and Sequencing of Yogasana.

Anyone who is wishing to deepen their own knowledge of Asana practice is welcomed to join in; you may simply wish to grasp a more integrated sense of your own asana practice. There is no expectation that you have to go on with Teacher Training next year, but those that do will have these hours acknowledged.

DATES:	17 - 18th OCTOBER	Forward, Twist & Restorative
	21 - 22nd NOVEMBER	Sequencing in Asana practice
TIMES:	12 Noon - 5.30pm	
COST:	\$220 full \$200 conc	Direct Debit ANZ BSB: 014256
		Account : 483783192
CONTACT:	Kate on 07 3892 5512	katepelican@optusnet.com.au