

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:	25 - 26th	JULY	Standing Asanas & Inversions
	29 - 30th	AUGUST	Backbends, Twists & Inversions
	17 - 18th	OCTOBER	Forward, Twist & Restorative
	21 - 22th	NOVEMBER	Sequencing in Asana practice

TIMES: 12 Noon - 5.30pm

COST: \$220 full \$200 conc

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