

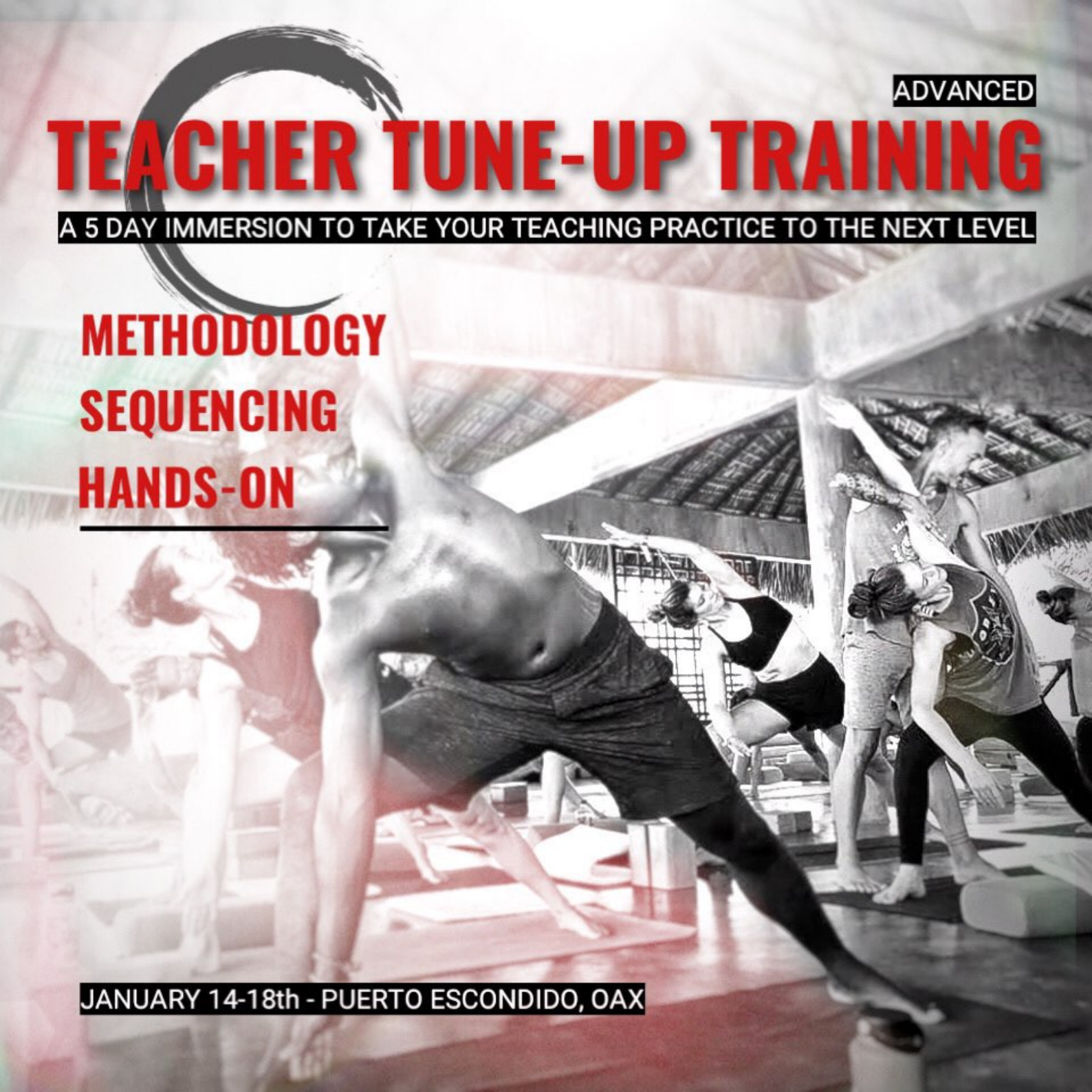
ADVANCED

TEACHER TUNE-UP TRAINING

A 5 DAY IMMERSION TO TAKE YOUR TEACHING PRACTICE TO THE NEXT LEVEL

METHODOLOGY
SEQUENCING
HANDS-ON

JANUARY 14-18th - PUERTO ESCONDIDO, OAX




TEACHING METHODOLOGY

TEACHING STRATEGIES

GROUP MANAGEMENT

COMMUNICATION SKILLS

STYLES & DYNAMICS



**Step into the teacher's role and acquire
the necessary skills to successfully
transmit and deliver the specific type
of class you desire at any time**

SEQUENCE DESIGN

STRUCTURES & STYLES

ASANA & BIOMECHANICS

LEVELS & MODIFICATIONS

SAFE TRANSITIONS



**Regardless the style of yoga facilitated,
ensure the best and safest experience for
your students by creating classes with a
specific structure, pace and intensity**

HANDS ON ASSISTS

STYLES & TECHNIQUES

APPROACHING STRATEGIES

LINES OF ACTION

BOUNDARIES & SAFETY



**Learn the art of adjusting and how to
through the power of touch, help your
students to reach their highest levels of
alignment, depth and release**



A good teacher is not only the one that brings his heart into each class but also the one that is firmly committed to deliver the most honest, thoughtful and professional experience to his students. For them to trust you, trust the benefits of this practice and be able to fully immerse themselves into a real yoga experience.

JANUARY 14-18th 2022

Puerto Escondido, OAX



SCHEDULE: 9:00-1:00/3:00-6:00

TUITION: 500 USD/10.000 MEX

INQUIRIES: info@aswatthayoga.com