ADVANCED

TEACHER TUNE-UP TRAINING

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

METHODOLOGY
SEQUENCING
HANDS-ON

JANUARY 16-20th - 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 16-20th 2023

Puerto Escondido, OAX

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

TUITION: 500 USD/10.000 MEX

INQUIRIES: info@aswatthayoga.com