



# **35 Hour Hands on Yoga Adjustment Yoga Teacher Training Level 1**

**A Yoga Alliance Approved Course**

## **OVERVIEW**

Hands-on adjustments are an art form. The art of assisting the postures of yoga practitioners through the use of highly skilled hands-on techniques- to help them achieve:

- Unlearn any unwanted/unhealthy patterns of movement and create new ones by retraining the nervous system.
- Experience postures in ways they may have never felt before.
- Reduce the chances of injuries by teaching them to feel the appropriate alignment of the postures.
- Release emotional blockages which can cause tightening of certain muscles, joints or connective tissues
- Correct aesthetic alignment
- Deepen a particular posture, which they may not be able to do on their own due to:
  - Tight muscles
  - Tight connective tissues (i.e. fascia)
  - Scar tissue
  - Nervous system (mechanisms of protection / mental barriers)

- Accelerating their journey to become more flexible, mobile and/or functional.
- Create new muscle memories to explore broader ranges of movement and flexibility.

By the end of the course you will be able to:

- Learn the Art of Adjustments.
- Learn how to safely and confidently adjust your students.
- Learn the skills needed to provide more value to your students in their yoga journey.
- Learn how to help them to change and improve their yoga practice positively.

**METHODOLOGY:** The course will take place over one week from **Monday the 23rd of September to Saturday 28th of September.** You will learn the art of adjustment, learning in detail from the Ashtanga System.

The Ashtanga Vinyasa system is one of the world's most practiced styles of yoga asana practice. Whilst it helped to have an understanding of this practice it is not mandatory nor necessary as this practice offers a range of postures, including standing, seated, supine, and inverted positions.

As a result we will explore forward folds, backbends, twists, and balancing postures, forming an extensive and holistic collection of yoga poses. We will be exploring over 60 different asanas together.

The aim of this course is that by the end you will have the confidence and knowledge of a variety of postures for adjustment as well as an in-depth look at how to work with disabilities or those with severe injuries.

During this time you will also have over 6 hours of actual assisting and teaching hours, study (reading hours and an exam)

After completing this 35-hour Hands-On Yoga Adjustment Teacher Training course and passing the examination, you will be presented with a certificate. This certificate is not only recognized and approved by Yoga Alliance but can also be utilized as Continuing Education Points (CEPs), further enhancing your credentials and professional development as a yoga teacher.

**DATES OF THE COURSE:**

Monday 23rd of September - Saturday 28th of September

LOCATION: CERCAL DO ALENTEJO, PORTUGAL

Monday 23rd September 12:00-17:00	5 hrs
Tuesday 24th September 10:00- 17:00	7 hrs
Wednesday 25th September 12:00-17:00	5 hrs
Thursday 26th September 10:00- 17:00	7 hrs
Friday 27th September 12:00-17:00	5 hrs
Saturday September May 11:00 - 13:00	2 hrs

- *Please note there will be short breaks on all of these days. For those traveling from abroad there are many places to stay in the area and the beach is less than 15 mins away. More information can be provided to you.*

TEACHING ASSISTANT HOURS A CHOICE OF THE FOLLOWING CLASS OPTIONS: (MUST COMPLETE A MINIMUM OF 4 HOURS) OVER THE COURSE OF 6 DAYS OF THE BELOW TEACHING CLASSES. In addition to this you will have 2 more hours of actual teaching during the course to practice.

Mondays  
08:45-10:30 (open times)  
18:00-19:00

Tuesdays  
19:00-20:00

Wednesdays  
09:30-10:30

Fridays  
08:45-10:30 (open times)

Saturdays  
09:30-10:45

PRICE OF THE COURSE:

**The Price of the Course is Euros 438.**

**Early Bird Price (before July 31st) is Euros 398**

This includes extracts of reading material prepared by the teacher, all props, classes to assist and the certificate. *Copyright © Tiana Harilela 2024.*