



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:

Over the course of 7 weeks (Tuesdays from 13:00-16:30) 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 indepth look at how to work with disabilities or those with severe injuries.

During this time you will also have over 14 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:

TUESDAYS 13:00 - 15:30 LOCATION: CERCAL DO ALENTEJO, PORTUGAL

Tuesday April 16th 2024 13:00-16:30	3.5 hours
Tuesday April 23rd 2024 13:00-16:30	3.5 hours
Tuesday April 30th 2024 13:00-16:30	3.5 hours
Tuesday May 7th 2024 13:00 -16:30	3.5 hours
Tuesday May 14th 2024 13:00-16:30	3.5 hours
Tuesday May 21st 2024 13:00 -16:30	3.5 hours
Tuesday May 28th 2024 13:00 - 16:30	3.5 hours

TEACHING ASSISTANT HOURS A CHOICE OF THE FOLLOWING CLASS OPTIONS:
(MUST COMPLETE A MINIMUM OF 10 HOURS) OVER THE COURSE OF 7 WEEKS

Mondays

09:30-10:30

18:00-19:00

Tuesdays

19:00-20:00

Wednesdays

09:30-10:30

18:00-19:00

Fridays

09:30-10:30

Saturdays

09:30-10:45

PRICE OF THE COURSE:

The Price of the Course is Euros 428.

Early Bird Price (before March 31st is Euros 390)

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

