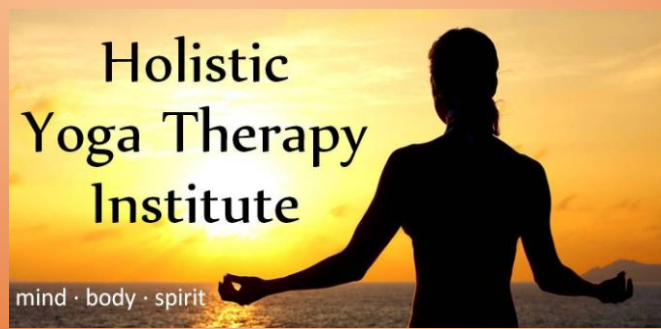




Postural Breakdown & The Art of Assisting



With Hollace Stephenson,
E-RYT 500, ParaYoga Certified

Postural Breakdown & Art of Assisting

City: Chattanooga, TN

Dates: Friday February 28 - Sunday March 2

Times: 6 pm - 9 pm Friday
9 am -6 pm Sat & Sun

Cost: \$275 thru Dec 28
\$300 thru Jan 28
\$325 after Feb 23

Where: ClearSpring Yoga
105 N. Market Street
Chattanooga, TN

Info: www.yogaclub.us
(Under Teacher Training)

24 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certifications, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

Within this immersion we will:

- * Learn Safe and Effective Hands-On Adjusting Techniques
- * Explore Anatomy & Alignment Principles for Therapeutic Assists
- * Learn to Support & enhance a Students Yoga Experience
- * Practice therapeutic adjustments for individual needs
- * Explore yoga philosophy relating to trust, Support, and letting go
- * Apply skills learned to teaching any style of yoga you choose