

Shakti Yoga presents...



SKILL IN ACTION

A Mentorship Program for graduates of a 200-hour Yoga Teacher Training.

**Earn Continuing Education credits (CEU's)*

Shakti Yoga is delighted to present this Continuing Education program with E-RYT 500 teachers to guide you in continuing to develop and deepen your knowledge and commitment to the practice and teaching of yoga. Take the next steps to cultivate your Skill in Action! Note: each day can be registered for as a separate module.

March 25 & 26 with Ellen Saltonstall 10:00am-6:00pm

Artful Teaching through Knowledge of Biomechanics, Anatomy and Therapeutics

- *Analyze biomechanical challenges in different body types, proportions, sizes and shapes**
- *Discuss most common misalignments in each class of poses**
- *Deepen your understanding of injuries, pathologies and conditions that impact yoga practice**
- *Learn to observe and adapt instructions to meet the physical needs of your students**
- *Saturday will focus on lower body conditions (sciatica, sacro-iliac, disc herniation, arthritis)**
- *Sunday will focus on upper body conditions (scoliosis, hyperkyphosis, rotator cuff, neck, wrist)**
- *Asana practice on both days. Bring your mat.**

April 23 w/ Angela Caplan, Jacki McCausland, Ruth Ann Polito 10:00am-6:00pm

Living & Teaching Yoga through Self-Study (Swadhyaya)

- *Extract the essence of a favorite sutra/verse from a yoga text, e.g., Yoga Sutra, Bhagavad Gita**
- *Dive deeper and immerse yourself in the personal experience of Self-study**
- *Crystallize and implement peak life experiences as rich material for teaching**
- *Develop powerful, transforming and universal themes**
- *Refine class planning techniques, e.g., mind-mapping**
- *Asana practice. Bring your mat.**

May 21 with Angela, Jacki, Ruth Ann and Sonam Targee 10:00am-6:00pm

Lifestyle Practices: Ayurveda's Gifts with guest Sonam Targee

- *Learn to locate subtle energy/prana centers in your body (*marma points*)**
- *Practice subtle ways to stimulate chi/prana through visualization and sound**
- *Deepen understanding about your primary and secondary constitutions (*doshas*).**
- *Engage in asana and pranayama practice with relationship to the doshas.**
- *Bring your mat. ***

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June 11 with Angela, Jacki and Ruth Ann 10:00am-6:00pm

Wisdom of the Ages

- *Nurture and nourish the well-being of your students as they age gracefully**
- *Learn mindful movement techniques and “chair yoga”**
- *Refine your teaching of Gentle Yoga and align with a “body positive” mindset**
- *Cultivate and expand your skills in teaching Restorative Yoga**
- *Understand basic yoga principles for pregnancy**
- *Asana practice. Bring your mat.**

Location: Shakti Yoga 2 School St., Geneseo, NY 14454

Continuing Education credits (CEU's):

Continuing Education certificate is available for completion of entire program or individual days.

Fees:

Entire program early bird by March 1: \$550. Entire program after March 1: \$600.

Individual day early bird (2-weeks prior to individual dates): \$120. Regular fee: \$130

Checks payable to: Shakti Yoga Indicate Entire program or individual dates.

Mail Registration fee to: PO Box 515, Geneseo, NY 14454

Thank you,

Angela Caplan, co-director

Jacki McCausland, co-director

Shakti Yoga

Shakti Yoga is a Registered Yoga School (RYS) with Yoga Alliance.

***Skill in Yoga* program is taught by Yoga Alliance Continuing Education Providers (YACEP).**



shaktiyogageneseo@gmail.com www.shaktiyogageneseo 585-243-5240