

Continuing Education For Yoga Teachers & Yoga Therapists

Advanced Yoga Skills Training



Lucy Lomax, C-IAYT, E-RYT 500,
RPYT, YACEP, C-iREST, C-WAE, CES

with Lucy Lomax & Kelly Fisher

Saturdays & Sundays
1:00pm - 5:00pm each day
Register for all 4 workshops \$550



Kelly Fisher, C-IAYT,
E-RYT 500, YACEP

In these 4 weekends we'll be guiding you in honing yoga teaching skills, especially as related to improving observing and assessing student issues or needs.

There are generally two basic approaches when offering yoga instruction: the "bird's-eye" or global perspective, and the more specific individualized student observation.

- How do you assess basic student needs in a class?
- What tools do you use in making such assessments?
How do you decide which issue should be addressed first?
- How do you develop sequencing to address the issue and help the students?
- How differently would you assess and address individual student issues?

To assist in sharpening your analytical skills we will be working with a variety of tools including case studies, live assessments, effective sequencing, and practice teaching.

All 4 weekends taken together will provide a unique approach to observing, assessing, addressing student needs, and following up; however, each weekend will stand on its own as far as increasing your yoga teaching skills and knowledge base.

Part 1: Sept 29-30
Observation and Assessment

Part 2: Oct 13-14
After the Assessment: Findings and Goals

Part 3: Nov. 10-11
Choices: Which Approaches and Why

Part 4: Dec. 8-9
What Worked and Why:
Evaluation, Follow-up, Next Steps

Register for All 4 Only \$550 (Save \$70)
Each Individual Workshop is \$155

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia
Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: (✓) Check here if this is a new address

Telephone #: (Days) _____ (Nights) _____

E-Mail: _____

(✓) Sign me up with **Lucy Lomax** C-IAYT, E-RYT500, RPYT, YACEP, C-iREST, C-WAE, CES, & **Kelly Fisher**, C-IAYT, E-RYT 500, YACEP:

Advanced Yoga Skills Training - All 4 weekend workshops \$550 (Saturdays and Sundays 1:00pm-5:00pm each day)

Part 1 9/29-9/30 \$155 **Part 2 10/13-10/14 \$155** **Part 3 11/10-11/11 \$155** **Part 4 12/8-12/9 \$155**

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____