Advanced Teaching Methods:
Tailoring Yoga Instruction for Healthcare

DATES: NOVEMBER 4TH-7TH
TIME: FRIDAY 4-9PM, SATURDAY AND SUNDAY 8A-6PM PST AND MONDAY 8-1PM
COST: $800 TUITION FOR THIS 30-HOUR WORKSHOP OR YOGAX YTT300 PREPAID ENROLLMENT IN-PERSON RETREAT ON STANFORD’S CAMPUS (LOCATION TBD)

This advanced teaching methods training focuses on supporting seasoned teachers to embrace a holistic and integrated model of teaching with deep intention and a collaborative, student-centered approach. It emphasizes empowerment, self-agency, and self-efficacy of students to create a yoga practice of safety and meaning. The training focuses on the following priorities, particularly as they apply in healthcare settings:

- intentionality in teaching
- sequencing for safety and meaning
- variations and adaptations to empower students
- respectful cuing and demonstration
- verbal and physical assisting
- and other teaching supports

For more information and registration please visit our website at yogaxteam.com or send us an email at yogaxteam@stanford.edu

Instructors:
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