

Yoga Assists & Adjustments

with Jill Gaumont

April 14, 2012

1:00-4:00pm

\$50 (member \$45)



As we move through our yoga practice we sometimes find ourselves “stuck” or unable to move deeper into certain poses.

A gentle touch can help improve awareness of where the body needs to be in a pose.

There are any different ways in which to deepen our yoga practice through yoga assists and adjustments. In this workshop we will look at and experience many different ways of using assists to deepen poses.

With a focus on standing postures and forward bends, come and learn the art of adjustments in this “hands on” workshop.

- Deepen into postures
- Assist and adjust for yourself and your students

This workshop is included as a segment in a weekend certification course: Continuing Education Certification for Yoga Teachers. You may sign up for this just this workshop if not interested in the weekend certification course.

Register:

780-416-4211

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