

TEACHER DEVELOPMENT

Sue Everett

SENIOR 3 IYENGAR YOGA TRAINER

SEPTEMBER 2023

Saturday 23 + Sunday 24 / 1:00pm to 4.00pm

\$180 = early-bird if paid 3-weeks before start date

\$210 = after early bird rate

These 3-hour sessions will cover appropriate prop usage for therapeutic applications and effective hands-on adjustments for asana's that directly impact our student's shoulder girdle, neck & upper back. During the session, Sue welcome's questions and encourages note-taking & inclusive discussions. This Teacher Development offers a supportive space to workshop ideas.

These TD sessions do not include a yoga class, though some asanas may be included as part of clarifying the prop set-ups and hands on adjustments.



YOGA ON THE SQUARE

Palmerston North, NZ

ALL ENQUIRES + BOOKING

jyoteeka@hotmail.com / 0211497633