



Iyengar Yoga Teacher Training

taught by **Glenn Kawana** and **Sandi Jordan**

Program officially approved by the Iyengar Yoga National Assoc. of the United States

Dates, times, location - (16 hours)

March 10 & 11, 2012 - March 17 & 18, 2012

Saturdays and Sundays, **1 - 5 PM**

Silent Dance Center, Kaimuki Studio, 1127 11th Avenue, Honolulu, HI 96816

This teacher training is appropriate for

Experienced Iyengar Yoga students/teachers who have taken our *Introduction to Teaching Iyengar Yoga* workshop, or similar Iyengar Teacher Training. This series will help you to teach yoga safely and confidently in the community or as a substitute at SDC. For those interested in Iyengar Yoga Certification - program hours count toward the 60 hour Teacher Training IYNAUS certification prerequisite.

This teacher training will include

- ❖ Extensive teaching practice and feedback appropriate to participant's experience
- ❖ Study of each asana, pose mechanics, and adaptations for specific common issues
- ❖ How to systematically "see" what your students need
- ❖ Demonstration and practice of "how to teach" fundamental actions
- ❖ Integration of basic anatomy, physiology and yoga philosophy in teaching
- ❖ Assessment of yoga knowledge, teaching skills & study/practice recommendations
- ❖ Answers to your teaching questions - Sandi, Glenn, Chris and Evelia cumulatively have over 80 years of yoga teaching experience and 100 years of yoga practice!!!

Fees Full Workshop - \$190 Single Class - \$60

Early sign-up discounts - if received by January 25 - \$155 full series, \$50 single class
- if received by March 1 - \$170 full series, \$55 single class

Instructors - Glenn and Sandi are Iyengar Certified Senior Intermediate teachers and teacher assessors for the Iyengar Yoga National Association of the U.S. (IYNAUS). They have taught yoga at the Silent Dance Center since 1977 and have been Iyengar Certified since 1984. Intermediate level Iyengar Certified Teachers Chris Havener and Evelia Pineda-Torres will assist.



Info. - Glenn (808)722-8461 glennk@mac.com/Sandi (808)228-3855 sandi@mac.com

Mail **Registration Form** and payment to Workshop, 1641 Kalaniiki St., Hon., HI 96821
Make checks payable to Glenn Kawana Full Workshop - \$190 Single Classes - \$60 each

Check dates ALL 3/10 3/11 3/17 3/18

no refunds once classes start

Name _____ Amount Paid _____

Email _____ Phone _____