

Deepen your understanding of Yoga with an Introduction to Iyengar Yoga Teaching



a workshop for
students of
Iyengar Yoga
with
**Glenn Kawana
&
Sandi Jordan**



You've been enjoying the benefits of Iyengar Yoga for a while now. Perhaps you're wondering how your teachers put those amazing classes together and what is it that makes you feel so good. And how do they accommodate so many different kinds of people and issues at the same time?

We are the lucky beneficiaries of over seven decades of yoga teaching and teacher training experience from BKS Iyengar and his family. This class will introduce the basics of teacher training in the Iyengar method. Whether you see yourself as a teacher or not, you can gain great perspective on what's important in yoga practice.

For those who are interested in going further, **these classes are a prerequisite for our more extensive continuing Iyengar Yoga Teacher Training series in March of 2012.**

March 4, 2012 - Sunday 1 – 5 PM
Kaimuki Silent Dance Center (1127 11th Ave.)

Topics will include:

- ॐ What is Yoga? What is Iyengar Yoga? **Tuition - \$60**
- ॐ What are the basics of asana practice? **Early sign-up discounts \$48 (if received by January 25)**
- ॐ Sequencing - How do the poses fit together and why? **\$54 (if received by February 28)**
- ॐ Class basics - safety issues, class setup, organization and logistics, props
- ॐ The Iyengar method of teaching yoga - demonstration, instruction, observation and correction
- ॐ Teaching skills - preparing, presenting, reacting and adjusting
- ॐ Class includes lecture, interactive teaching exercises and practice in a supportive atmosphere

Our Teacher Training Program is officially approved by the Iyengar Yoga National Association of the United States (IYNAUS). **Glenn** and **Sandi** are Iyengar Certified Senior Intermediate Teachers and have been teacher assessors for the Iyengar Yoga National Association of the U.S for many years. They have taught at the Silent Dance Center since 1977 and have been Iyengar Certified since 1984.

More information: Glenn at glennk@mac.com (808) 722-8461 or Sandi at sandi@mac.com (808) 288-3855
To register send form and payment to: Glenn Kawana, 1641 Kalaniiki St., Honolulu, HI 96821

Registration Form – Intro to Teaching Iyengar Yoga, March 4, 2012

make checks payable to Glenn Kawana

Amount enclosed \$ _____

Name _____

Email _____ Phone _____