



SANDSTONE
YOGA & PII ATES



50 Hour Advanced Practice CPD · Italy



Michelle Nicklin, SYT and Founder of Sandstone Yoga & Pilates
Ambra Vallo, E-RYT® 500, international guest Yoga Teacher, former Principal Ballerina with BRB
Fabio Filippi, tireless traveller, photographer and Disciple of Sri Dharma Mittra

Monday 24th September to Friday 28th September 2018.

Overview

“Whether you are a yoga teacher or a yogi wishing to devote some time and energy to advancing your personal practice in a beautiful location, this Yoga Alliance Professionals CPD will provide you with the knowledge and tools to enrich yourself. This 50-hour programme will create the space for you to advance your physical and spiritual practice with world-renowned Ambra Vallo and Fabio Filippi. I will be sharing my experiences of starting and running a successful yoga business and how to be both successful and authentic in a modern world. All this will take place in the peaceful environment of ‘Yoga in Salento’ in southern Italy. It should be a transformative week for us all”

Michelle Nicklin, Founder and Owner Sandstone Yoga & Pilates.

Course Content

Subjects covered in the immersion will include:

- A daily opportunity to practice kriyas, pranayama, asana, japas, meditation, kirtan and yoga nidra
- Developing and deepening your understanding of functional anatomy
- Intelligent sequencing to create safe & effective classes that your students will love
- Understanding how best to support others in their yoga practice including modifications for common physical conditions (e.g. sciatica, bulging disc)
- Embracing the challenges of working with pregnant women
- Tailoring your teaching for one-to-one clients
- Learn simple savasana adjustments
- Further exploration of the Kriyas, pranayama and yoga nidra
- Delve deeper into the art of adjusting
- Developing your yoga career and running a successful yoga studio

Who is it for?

This immersion is suitable for those already qualified as a yoga teacher via a 200-hour programme from any discipline or simply those who wish to spend time developing their own practice.

Who will be teaching me?

Michelle Nicklin has practiced yoga for over 30 years and is the founder of Sandstone Yoga. She is a Senior Yoga Teacher with Yoga Alliance Professionals and established the only 200-hour Yoga Teacher Training course in the West Midlands in 2015. Michelle loves working authentically within the yoga business world. Her passion is to develop and mentor yoga studio owners. “I love working with others to create supportive yoga communities. That’s my dharma and I feel so privileged that I get to follow my path”.

Michelle writes nationally for OM Yoga magazine and has had over 2000 babies born from her pregnancy classes.

Ambra Vallo is a former Principal Ballerina with the Birmingham Royal Ballet. Retiring from dance allowed her the time to focus on her passion and to undertake trainings in Ashtanga Vinyasa (500hrs), Dharma Yoga (800hrs), Rocket Yoga (500hrs), Forrest Yoga (200hrs and Advance TT), Tripsichore (200hrs), and Gokul Vinyasa Yoga (300hrs). Ambra's teaching is fun and spontaneous following the lineage of Larry Shultz, Ana Forrest, and Sri Dharma Mittra. Since she retired from professional ballet she has been travelling teaching Workshops and Master classes around Europe and regularly teach in teacher training courses. At the moment she is the yoga instructor at Aston Villa Football Club. She is a mentor of the Sandstone Teacher Training Academy since 2015. Through her fun and spontaneous approach, she continues to enable all her students to develop, not only their physical practice of asana, but also their appreciation of the history and philosophy of yoga. She remains humble and ultimately her teaching is very accessible.

Fabio Filippi's curiosity drove him to travel extensively to remote regions of the world to find inspirations, whilst continuously maturing his inner awareness. With his backpack and camera always ready, Fabio seeks to seize the unique moments in life as they happen – cultures, people, religion and countries – reinforcing his belief that exploring the world is the 'school of life' and traveling the best conduit to learning. A devoted Disciple of Sri Dharma Mittra, Fabio's journey continues through Dharma's spiritual guidance, practicing daily, sharing classes and workshops of Hatha Yoga. Always enthusiastic Fabio continues to work as a photographer and video maker.

The Place

Yoga in Salento (YIS) is an international yoga community, part of Agricola Samadhi, a last generation organic farmhouse located in southern Puglia in the heart of Salento in Zollino or put simply, in 'the heel' of Italy. YIS gives high value to the connection and well-being of body mind and spirit which is achieved through yoga, delicious Italian food and other integrated services such as massage. A recent review on Trip Advisor wrote

"Yoga in Salento is more than merely a place to do Yoga, it is a sanctuary for the soul and body, a peaceful little enclave that is simply beautiful and where you will come away feeling restored, rejuvenated and contented!"

For more details about Yoga in Salento visit www.yogainsalento.com

For more details about accommodation, food and facilities visit www.agricolasamadhi.it/en

Course Timetable and a Typical Day

The programme will take place over five days from Monday 24th to Friday 28th September 2018, with a celebration of completion of the programme on the Saturday morning. A typical day will start at 7am and finish at 6pm. Around 37.5 hours will be contact time with the remainder for pre-course reading and reflection.

Accreditation

This immersion will provide 50 hours of CPD accredited through Yoga Alliance Professionals.

Cost

Full Price £800

What's included?

Included in the price is the expert training from all three teachers and certification of attendance to support 50 hours of CPD with Yoga Alliance Professionals.

What's excluded?

- All flights, transfers and travel insurance.

The closest airport to the venue is Brindisi, with direct flights from London Heathrow or indirect flights via Milan and other European hubs, from Birmingham. Alternatively, Bari airport is approximately two hours drive from the venue.

The programme will start at 7am on Monday 24th September and delegates are therefore advised to arrive at their accommodation on Sunday 23rd September at the latest. There will also be a closing ceremony on the Saturday morning and therefore delegates are advised to book their onward travel from late Saturday 29th September at the earliest.

- Accommodation and food costs. Delegates have a choice between accommodation on site at the Agricola Samadhi which includes brunch and an evening meal, or booking other local accommodation. Other facilities included in the price. Please contact the venue directly.

Discounted on site accommodation has been agreed with the venue as follows:

- Double room with private bathroom: € 589 per person. €589 single room supplement
- Double room with shared bathroom: € 519 per person. €519 single room supplement
- Triple room with private bathroom: € 489 per person.

On site accommodation must be booked directly with the venue at www.yogainsalento.com.

How do I pay for the teaching?

There are three ways to pay:

1. Pay in cash at the studio, Sandstone Yoga 26 Anchor Parade, Aldridge.
2. Pay by cheque. Make cheques payable to Bliss Yoga and either post to the address above or deliver in person to the studio.
3. Pay by BACS payment via Santander to: Michelle Nicklin - Sort Code 09 – 01 – 28 Acc No. 20602906 with reference: ADVCPD<SURNAME>.
4. Please email teachertraining@sandstoneyoga.co.uk to confirm when payment has been made

Account name: MS MICHELLE NICKLIN

Account number: 21124668 Sort Code 090129

BIC: ABBYGB2LXXX IBAN: GB09ABBY09012921124668

Bank Address: Santander, Bridle Road, Bootle, L30 4GB