



# SANDSTONE

## YOGA & PILATES

**50 Hour Advanced Practice CPD in Italy**

**Michelle Nicklin, Senior Yoga Teacher and Founder of Sandstone Yoga & Pilates,**

**Ambra Vallo, former Principal Ballerina, International Guest Teacher and Sandstone TT mentor**

**Fabio Filippi, tireless traveller, photographer and disciple of Sri Dharma Mittra**

**Monday 24<sup>th</sup> September to Friday 28<sup>th</sup> 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. 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



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 24<sup>th</sup> September and delegates are therefore advised to arrive at their accommodation on Sunday 23<sup>rd</sup> 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 29<sup>th</sup> 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](http://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](mailto:teachertraining@sandstoneyoga.co.uk) to confirm when payment has been made.

