



Save the Date

One Day CPD: The Art of Hands-on assisting and adjusting - Friday 23rd Nov, 18

SANDSTONE
YOGA & PILATES

Full Day CPD with Dawn Wright, SYT at Sandstone HQ, Aldridge



What is this course?

Effective, sensitive and appropriate use of touch can be a great teaching tool but is often an area that teachers feel unsure of. During this workshop for yoga teachers and teachers in training we will be exploring the ethics and practice of using hands-on techniques with our students. Using lecture, discussion, and practical pairs or group work we will be looking at the following over the course of the day:

- The ethics and considerations of manual cueing
- Different approaches to hands on adjustment
- Why might we use physical touch in the first place?
- What makes a good adjustment?
- Body placement of the teacher – where and why?
- How to know what is appropriate for individual students
- Appropriate pressure, sensing and feeling

This workshop will give you the knowledge and practical skills to feel much more confident in why and how you can use physical touch in a more skilful way as a teacher.

This workshop is eligible for 6 hours of CPD/further training hours. Please check with your individual associated regulating/professional body for full details (i.e. Yoga Alliance, BWY, IYN).

Who will be teaching me?

Dawn Wright is a senior yoga teacher, and teacher trainer of many years, providing teacher training around the UK for leading yoga studios and for Yoga Alliance Professionals Training Academy. She is known for delivering really practical training in a supportive, informative and fun way.

Dates & Venue

Friday 23rd November 2018, 10am – 5pm at Sandstone Yoga & Pilates, 26 – 27 Anchor Parade, Aldridge, Walsall, West Midlands

Cost

**Early Bird Price £75 when paid in full by 30th
September, 18**

Full price there after £85

How do I pay?

- You can pay either by cash at the studio.
- You can pay by cheque to Bliss Yoga, at the Studio or to 26-27 Anchor Parade, Aldridge, WS9 8QP
- You can pay directly into our account M Nicklin, 09-01-28, acc 20602906, mark your payment reference HANDS and your surname. Eg. HANDS Smith

Frequently asked Questions

Does this count as further training for CPD requirements?

This course is run and taught by Dawn Wright. As a Senior Yoga Teacher with Yoga Alliance Professionals UK, your training hours can be used for CPD/further training recognition. Please check with your governing body (YAP, BWY, IYN etc) for their requirements.

What happens if I need to cancel after booking?

Once you have booked your place it will not be refundable or exchangeable.