

Dr Yogi leads One Day  
accredited CPD at  
Sandstone HQ Aldridge

Teaching yoga can often be just as challenging as it is rewarding. With busy classes, high turnover and lots of students who are new to yoga coming to class it can be easy for yoga teachers to feel isolated and overwhelmed, often not knowing where to turn to for support with the many questions we have.

This day long workshop offers a space to ask the questions that you never seem to get the opportunity to ask.

We'll cover a variety of different topics with the aim of deepening your own yoga practice and refining and empowering your teaching so that it is inclusive and informed by the most up to date research on movement.

### Cost & Booking

Early Bird £75 when paid by 1st December 2018. £85 thereafter. You can pay cash at reception in the studio or visit [www.sandstone yoga.co.uk](http://www.sandstone yoga.co.uk) and visit CPD to book.

Please email [teachertraining@sandstone yoga.co.uk](mailto:teachertraining@sandstone yoga.co.uk) to confirm your booking.

Suitable for yoga  
teachers and trainee  
teachers.

# Using Anatomy to Refine & Empower your Teaching

Saturday 27th

April 2019

10.30 - 5.15pm

Early Bird £75



SANDSTONE  
YOGA & PILATES

Sandstone Yoga & Pilates, 26 – 27 Anchor Parade,  
Aldridge, West Midlands, WS9 8QP  
[www.sandstone yoga.co.uk](http://www.sandstone yoga.co.uk)



# What will we be doing?

With a mixture of discussion, lecture, group work and asana practice we will explore many areas:

- Dispelling yoga myths and becoming clear about the meaning behind what we say in class by looking at some of the latest scientific research on biomechanics and health.
- Using anatomical knowledge to refine the language that we use as teachers.
- Asana practice to demonstrate how to blend knowledge of anatomy into a class.
- Making yoga inclusive by focusing on accurate cueing instead of precise cueing.



- Discussing hot topics such as locking joints, squaring the hips in twists, the use of glutes in backbends.
- What limits us in certain asana, what are the stretch reflexes and how to apply a knowledge of fascia to the asana practice.
- Exploring flexibility vs mobility.



# About Dr Yogi

After originally training to become a doctor, Andrew moved away from western medicine to pursue a career as a yoga teacher, massage therapist and anatomy teacher.

Andrew has been practising yoga and meditation for more than 14 years and teaching strong, grounding and inclusive classes since 2009. Andrew combines all of his skills to teach anatomy and physiology on Yoga Teacher Training courses across London and internationally.

Sandstone Ltd is acting as an agent for Andrew McGonigle.