



SANDSTONE
YOGA & PILATES

HANDS ON ASSIST

DATE:



12th JUNE 2020
10am-5pm
Limited spaces
available

VENUE:

Sandstone Yoga & Pilates (*Sutton Coldfield*)
2 Duke Street
Sutton Coldfield
B72 1RJ

PRICE:



Early Bird Price
£80
when booked &
paid in full before
17th April 2020

WHAT IS THIS COURSE ABOUT?

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?

Sandstone Yoga & Pilates present: Dawn Wright, 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.

COST

Early Bird Price £80 when paid in full by 17th April 2020
Full price there after £85

HOW DO I PAY?

- You can pay either by cash at the Sutton Coldfield or Bearwood studio.
- Pay through the Eventbrite link:
<https://www.eventbrite.co.uk/e/the-art-of-hands-on-assisting-adjusting-one-day-cpd-tickets-66552691893>
- Pay by bank transfer to: Account No: 32114992 Sort Code: 40-43-28

HANDS ON ASSIST

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.

If you have any further questions, or would like to speak to Louise then please don't hesitate to give us a call.

We very much look forward to seeing you here and starting your Sandstone Yoga & Pilates journey with us!

Louise



SANDSTONE
YOGA & PILATES