

Workshops for Teachers:

Refine Your Teaching Skills-Led by Paisley Close



- Identify and address common misalignments in your students' poses.
- Sequencing to best prepare your students for "peak" poses.
- Hands-on adjustments for optimal alignment.
- Effective use of props and modifications for newer and less flexible students.
- Direct language to communicate effectively with your students.

All workshops will be hands-on and you will practice what you learn on one another. Each workshop will focus on specific asana groups:

January 23	Inversions
February 13	Hip-Openers, Twists, and Forward Bends
March 20	Backbends
April 17	Arm Balances (including Handstand and Elbow Balance)
May 15	Standing Poses

**Saturdays, 1/23, 2/13,
3/20, 4/17, and 5/15**
2:00 – 4:30p

Individual Workshops:

\$40 pre-reg (one week before),

\$45 day of.

Entire Series:

\$175 pre-reg by January 16, 2010.

**IN THIS 5-PART WORKSHOP
SERIES, YOU ARE WELCOME TO
TAKE ANY OR ALL OF THE
WORKSHOPS.**

Pilgrimage of the Heart Yoga

For more info:

619.640.4438

or visit: pilgrimageyoga.com



Paisley Close teaches throughout San Diego county and is a senior teacher at Pilgrimage of the Heart Yoga. She is E-RYT 200 certified.