

Advancing Your Teaching Skills

with Marni Task, ERYT 500

Saturday, August 7th

8am-6pm

€175 pre-registration required

Meets at 2994 McKinley Avenue in Columbus, Ohio.



This workshop is being offered as part of the 500 Hour Yoga Teacher Training with Laurel Hodory in Columbus, OH.

Course is open to yoga teachers and experienced yoga students.

Participants will:

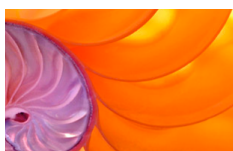
- ✓ Receive a certificate of completion for 8.5 hours Yoga Alliance Continuing Education Credits.
- ✓ Be eligible to apply credit hours to the 500 Yoga Teacher Training with Laurel Hodory starting January 8, 2011, upon acceptance into the program. Applicants must be 200 RYT. **More info at www.laurelhodory.com.**

This interactive workshop will cover:

- ✓ Principles of Sequencing
- ✓ How to Sequence Postures for an Apex Pose
- ✓ Practice Sequencing and Sharing Your Sequences with Other Teachers

- ✓ Principles of Hands on Assists
- ✓ Tools for Assessing When to Conduct Hands On Assists
- ✓ Practice Assisting in Beginner, Intermediate and Advanced Postures

Marni Task, CYT/ERYT 500, has been teaching yoga since 1995. So the scoop is I love yoga. I love what it means (union). I love the way it makes me feel (lovely) and I love what it brings out in me and in the world. I am honored to be an Advanced Certified Jivamukti Yoga Teacher since 1997. I continually am inspired by my Gurus, “yoga parents”, Sharon Gannon & David Life, the creators of Jivamukti Yoga. Whether near or far their teachings have awakened compassion, consciousness, and sacred activism in me. I’m also an Anusara Inspired teacher and on the verge of certification. Since 2000, I’ve been influenced by the exceptional John Friend and many of the wonderful Anusara teachers.



“If you believe you can, or you can’t, you’re right.”

--Henry Ford

Register at:

www.laurelhodory.com/shop