



Health Conditions & Modifications

Sun, 4/4/2021, 10am-6pm



Day 19 of 21 of the Highest Self Development / 200 Hour Teacher Training

Pre-requisites: 4 Previous Sessions (including "Time to Lead", "Assisting" & "Sequencing"; or RYT

Location: Studio (also available via Live Zoom*)

When it comes to feeling more alive, a little bit goes along way.

Practice teaching for inclusivity & expansion of wellness are essential to evolve & positively impact people with varying conditions.

For those with no intention of teaching yoga - gain insight & skills to support others by providing space for ease of breathing, movement & inner peace. That is a priceless gift.



Interactive role-play workshop to learn how to be aware of & adjust to meet the needs of prevalent health conditions.

Develop a mini-class based upon your health condition assignment & practice —to see where plans can or should be adjusted for the greatest good.

(Teaching Methodology - 8 hours)

Full enrollment - 21 days including 2 overnight retreats with lodging and meals = \$1800 (<\$90 each)
OR \$120 for this enrollment only with unlimited pass;
or \$160 for this enrollment only without unlimited pass.