



The Art of Teaching: 100-Hour Teacher Training with Christina Sell

32 Hour Level 1: Foundations: Clarity, Purpose And Focus

The Level 1 teacher training program is based on the fundamental teaching skills for Hatha Yoga. The training will focus on learning the central elements necessary for teaching inspiring and effective public classes in the Anusara method. Special topics include articulation skills, basic sequencing strategies, creating authentic heart-based themes, teaching with the biomechanical principles of alignment, and making affective verbal and hands-on adjustments.

Date, Time & Costs :

December 15-18, 2011
12:00 noon - 8:00 pm
Thursday- Sunday

\$625 before Nov 15th
\$650 after Nov 16th

32 Hour Level 2: Refinement: Creativity, Artistry And Expansion

The 32-hour Level 2 teacher training builds on the fundamental teaching skills for Hatha Yoga covered in Level 1. This teacher training will focus on refining the central elements with special attention paid to clarifying verbal instructions, sequencing toward peak poses, creating authentic heart-based themes and using heart-based language, introducing the biomechanical principles of alignment with skill, clarity and creativity, making affective verbal and hands-on adjustments, developing creative solutions for mixed level and special populations, and understanding the basics for therapeutic applications of the biomechanics.

Date, Time & Costs :

February 2-5, 2012
12:00 noon - 8:00 pm
Thursday- Sunday

\$625 before Jan 15th
\$650 after Jan 16th

32 Hour Level 3: Service: Offering The Highest Through Community And Inspired Living

This 32 hour Level 3 Training will build on the first 64 hours of training to help participants further clarify their purpose as a yogi, a teacher and a community member and leader. While teachers in training will continue to work on the fundamental teaching skills they will also receive training in communication skills, conflict management, community building, ethics as well as business and marketing. Students will receive an introduction to the therapeutic applications of the biomechanical principles of alignment.

Date, Time & Costs :

April 26-29th, 2012
12:00 noon - 8:00 pm
Thursday- Sunday

\$625 before April 1st
\$650 after April 2nd

Trainings will be held at
San Marcos School of Yoga
400 Centre Street
San Marcos, TX 78666

**For more information or to register,
please contact Desirae Pierce**

512 374 1021
www.breathandbodyyoga.com

Christina Sell is the author of the books *Yoga From The Inside Out: Making Peace with your Body Through Yoga*, and *My Body is a Temple: Yoga as a Path to Wholeness*. She is the author of *Yoga International* magazine's *Art of Asana* columns for 2012 as well as a monthly columnist for *Origin Magazine*. Known for her precise teaching style, her passionate presentation and her sense of humor, Christina's classes are challenging, fun, and inspiring. She lives in Austin, Texas with her husband, two cats and two retired greyhounds.

Christina's classes are fun, inspiring and dedicated to helping people of all ages, sizes and abilities discover the joys of yoga practice and conscious living.

For more about Christina, go to ChristinaSellYoga.com