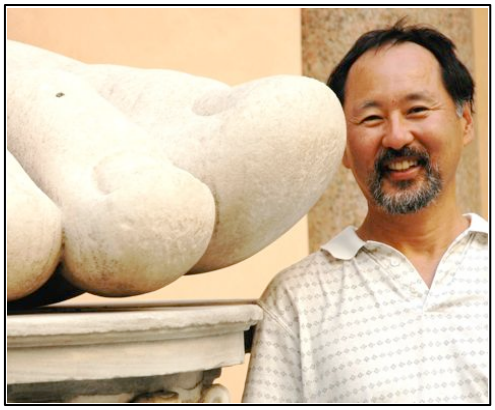
Want to deepen your understanding of Yoga?

Introduction to Teaching Iyengar Yoga



a 2 Session Workshop
for experienced students
of Iyengar Yoga
taught by

Glenn Kawana

and

Sandi Jordan

Get your well-grounded, open toed feet wet
by taking this introductory workshop on teaching in the Iyengar Method! Learn about the basics of teaching yoga and how to get started. Even if you are not sure about being a yoga teacher, this workshop will give you perspective on what is important in yoga practice. For those who are serious about teaching, **these classes are a prerequisite for our more extensive Iyengar Yoga Teacher Training series starting April 24, 2010.**

April 10 & 11, 2010 - Saturday & Sunday 1 – 4 PM

Kaimuki Silent Dance Center (1127 11th Ave.)

$80 for both classes, $50 for a single class

Early sign up discounts • *by Mar 18 - $60 both or $38 for one* • *by Apr 3 - $70 both, $45 for one*

Topics will include:

- What is Yoga? What is Iyengar Yoga?
- Student safety
- Effective teaching skills and qualities
- Elements of a good class
- How to structure a class
  classroom set up, sequencing, pacing
- How to teach asana
  demonstration, instruction, observation and correction
- Personal teaching skills evaluation and suggestions
- Classes include lectures, interactive teaching exercises and opportunities to observe and teach

Our Teacher Training Program is officially approved by the Iyengar Yoga National Association of the United States (IYNAUS).
Glenn and **Sandi** are Iyengar Certified Senior Intermediate Teachers and teacher assessors for the IYNAUS. They have taught yoga at the Silent Dance Center since 1977 and have been Iyengar Certified Yoga Teachers since 1984.
Chris Havener & Evelia Pineda-Torres will assist.

For more information
Glenn at glennk@mac.com (808) 722-8461 or Sandi at sandi@mac.com (808) 228-3855
To register send form and payment to: Workshop, 1641 Kalaniiki Street, Honolulu, HI 96821

Registration Form – Intro to Teacher Training, April 2010

____ Both classes
____ April 10 only
____ April 11 only

make checks payable to Glenn Kawana

Amount enclosed $_____

enrollment is limited
no refunds once classes begin

Name _____

Email _____ Phone _____