



# YOGIS & YOGINIS WORKSHOP

## The Power of Touch: Hands on Adjustments for All

September 8 @ 12:00 pm - 7:00 pm - \$200

*A day of refined learning for Teachers and avid Practitioners.*

Physical contact is a basic human need with emotional, mental, and physical benefits. In a yoga class, offering hands on adjustments and assists can be a very transformative tool for the student, as well as the teacher. When done well, hands-on adjustments are an opportunity to build trusting connection, retrain patterns or unconscious ways of moving, and open avenues of awareness toward greater possibility.

**Whether you're a yoga teacher looking to deepen your toolkit, or an experienced practitioner looking to understand how to refine poses in your own body, this workshop will build your confidence and update your knowledge.**

### ***This workshop is for Yoga Teachers who:***

- Wish to help students experience safer alignment, greater stability, and depth in their asana practice
- Would like more confidence in offering well informed hands-on assists
- Are seeking refinement in the practice of common poses, to then apply into their classes
- Want to freshen up on techniques, including syncing with students' breath, respecting space and observing prana flow in poses

### ***What you'll learn:***

- *Consent and Communication: Establishing trust is fundamental to ensure a respectful and empowering experience for everyone. It begins with consent, and continues through verbal communication the whole way.*
- *The Art of Touch: Our hands also communicate. Discover how subtle touch can profoundly enhance a student's alignment, sense of possibility, and cultivate greater body awareness.*
- *Alignment: You'll gain insights into the biomechanics of key yoga poses, understand how to recognize common tendencies and offer more precise adjustments that support stabilization and expression.*
- *Energetics: Refine understanding of the movements of prana (energy flow) in poses to become more effective in your assists.*
- *Hands-on: We'll spend ample time practicing these techniques for the opportunity to both give and receive adjustments to grow self-trust and assuredness. We'll talk about proportions, the possibility of using the wall or multiple people to assist, hand placement, and sensitivity.*

### **The day will include:**

#### **Part 1: Touch 101 & The Standing Series – 12 to 3pm**

- Consent, Types of Touch, SSA method
- Tadasana, Warrior 1 & 2, Side Angle, Triangle, Pyramid, Lunges and more

#### **Part 2: Inversions & Backbends – 4 to 7pm**

- Assisting Inversions: Handstand, Forearm stand, Headstand
- Assisting Backbends: Four most common: Cobra, Locust, Bridge and Wheel