



YOGIS & YOGINIS

Vinyasa Yoga for Beginners: a 4 Part Series

Saturdays 01/04 & 01/11 and Sundays 01/05 & 01/12

11:30 to 1:00 PM

Cost: \$120 – 4 sessions / \$35 per

In this four-part series, you will be introduced to the building blocks of a vinyasa yoga practice that will bring you comfortably into a public class.

We will explore:

- Implementation of Ujjayi breath
- Introducing props safely and effectively
- Coordination of breath and movement
- Execution of many of the foundational poses and transitions of Vinyasa yoga
- Introducing concepts of yoga philosophy
- Seated meditation

In this workshop environment, we'll provide time to break down challenging poses and allow for Q&A. This series is for those who are completely new to a yoga practice, or those who would like to come back and revisit the fundamentals in an open and supportive environment.

Each session could be taken individually.

- **Part 1:** Breath & Movement and Foundational Poses
- **Part 2:** Sun Salutations & Chaturanga and Foundational Poses
- **Part 3:** Transitions & Balances and Foundational Poses
- **Part 4:** Intro to Inversions and Foundational Poses

About the Teacher:

AMANDA SIDRAN

Amanda started practicing yoga in 2001, but became serious about her practice after she had her daughter in 2011. Under the tutelage of her first truly inspirational teacher, Vivekan of Bodhisattva Yoga, she received her 200 hour teaching certification. Shortly thereafter, on a friend's advice, she completed her children's yoga certification with Shari Vilchez-Blatt at Karma Kids Yoga and found the opportunity to share this practice with young minds to be incredibly rewarding, not to mention fun. Amanda is continuously studying and deepening her own practice, and has also received certification in Every Kids Yoga with Craig Hanauer and Prenatal Yoga with Samba Yoga. In 2019 she discovered the internationally known teacher Jason Crandell, and his teaching resonated with her in so many ways. She completed his courses The Art of Teaching Beginners (2019) Preventing and Managing Yoga Injuries (2020), and Mastering the Art of Sequencing (2021). Finally, in 2022 she completed his 300 Hour Advanced Vinyasa Yoga Teacher Training. Amanda is also thrilled to add Pilates to her skill set, having been trained by Power Pilates in Manhattan and earning her certificate as a Core Mat 1, Core Mat 2, and Core Mat 3 (Advanced Mat) instructor. She is grateful for the guidance of her own amazing teachers, including Jason Crandell, Amanda Harding, Bobbie Marchand, Miles Borrero, Scott Anderson, Shari Vilchez-Blatt, Juliana Secches and Venerable Amy Miller. amandasidran.com