

100-Hour Yoga Teacher Training

with Jovan Nikolic (E-RYT 500/YACEP) - Australia

WHEN: July 30 - September 3 (every Sunday) from 7:00am - 5:00pm

WHERE: Royal Palm, Acacia Estate, Taguig City, NCR

CLASS SIZE: 8 students

SKILL LEVEL: All levels

CERTIFICATION: Yoga Alliance Accredited

This course is an introduction to the second series of Ashtanga Vinyasa Yoga with the intent to make it accessible, enjoyable and fun! We will explore the grace and beauty of this dynamic asana sequence in depth and pose-by-pose.

Multiple options, approaches and modifications will be taught in order to accommodate all levels of students. By exploring the sequence in this way we will also uncover the intelligent structure of Ashtanga Vinyasa Yoga and gain a deeper understanding into the internal methodology of both Primary and Second Series.

WHAT YOU WILL LEARN:

- You will gain a deep understanding of the Intermediate Series postures and sequence
- You will learn how to teach the Intermediate Series of Ashtanga Yoga
- You will discover and experience the traditional practice of Ashtanga Yoga
- You will learn how to adjust and assist yoga postures
- You will learn how to modify and vary each pose in order to prevent common injuries and to make the practice accessible for everybody

WHAT YOU WILL GET:

After the completion of this course you will receive:

- An internationally recognized 100-Hour Continuing Education Certificate
- The confidence to practice and teach the Intermediate Series of Ashtanga Yoga
- The skills to assess and correct common postural misalignments
- Access to the AV108 Yoga School Community of Ashtanga teachers
- Post training support

IS IT FOR YOU?

- Do you want to teach Ashtanga Yoga full time or part time
- Do you want to share the health benefits of the practice with others
- Do you want to understand Ashtanga Yoga in depth
- Do you want to take your practice to the next level

REQUIREMENTS:

- Basic understanding of English language
- An interest and desire to grow and learn
- Open to ALL levels

It is important to note, that a 200-hour yoga teacher training is NOT a requirement for this course. Also, this course can not replace a 200-hour yoga teacher training.