

WEEKEND TEACHER TRAINING WORKSHOPS FOR CERTIFIED TEACHERS

Teacher: Pixie Lillas

PIXIE LILLAS will be conducting a series of weekend workshops for certified teachers who wish to further explore their teaching skills and who may also be planning to upgrade to Junior Intermediate I, II or III.

The purpose of the workshops is to familiarise the teachers with the syllabus for Junior Intermediate level I, II and III, both from a teaching and a practice point of view. We will also look at different aspects of teaching in general, such as observation, hands on adjusting, communication.

The passage from one certificate level to the other requires a shift in approach, a greater sharpness overall and a deeper understanding of the practice.

Teachers can expect to practise most of the postures of the JI I and II syllabus, to review postures from the Introductory syllabus and also to teach some of those poses to each other. We will explore how to observe the postures by doing them, by observing each other and then see how best to communicate what is required to the pupils.

The format for the weekends will be as follows:

SATURDAY

6.30am - 8.30am - Led practice

1.00pm - 4.00pm - Teaching and practising (based on postures from JI syllabus)

SUNDAY

7.00am - 9.00am - Led practice or class

10.30am - 12.30pm - Postures, teaching and practice

2.15pm - 3.30pm - Discussion i.e. Remedial yoga, common questions about teaching etc.

3.45pm - 5.15pm - Inversions/pranayama and savasana

All sessions will be held at the Balmain Iyengar Yoga Studio, 84 Phillip St. (Corner of Phillip and Spring St), Balmain 2041.

The next dates for 2008 are as follows:

- *February 23 and 24*
- *July 5 and 6*
- *September 20 and 21*
- *November 1 and 2*

PAYMENT:

Preference for these weekend workshops will be given to those enrolling in all 4 weekends.

Cost: \$1000 for all four weekends in 2008

Deposit \$400 by **January 15th**

Second payment \$400 by **March 30th**

Final payment \$200 by **July 5th**

Cost per weekend, on a **casual** basis, will be **\$265**

To register for the course please **email** me at info@balmainyoga.com

You can also **write** to me at:

Pixie c/o
Balmain Yoga Studio
84 Phillip St., Balmain, 2041