

# Yoga Teachers Workshops

Jeni Winterburn E RYT 500, HSE presents:  
**4 Awareness, Integration & Movement Workshops  
for RYT 200 & RYT 300 Yoga Teachers.**

These workshops earn **4 hours** of Continuing Education Credits (CEU's) towards  
Re-registration with Yoga Alliance.

Yoga Nook has been a Yoga Alliance registered Yoga School since 2006

## #1 Moving from the Core

**Saturday July 22nd 1.30pm till 5.30pm**

Discover where your core really is.

Anatomy lecture to familiarize you with muscles and organs.

Developing Awareness Integration and Movement practices.

Expand your view of asana and enjoy a creative and inspiring environment as we learn together.

How to use vocabulary to say less and cultivate more.

Includes notes, slide show and practicum.

Please eat a light lunch before you arrive

I appreciate your thoughtfulness when you can arrive 10 to 15 mins early so we can start on time.

## #2 Body Rythms

**Saturday October 7th 1.30pm till 5.30pm**

Experiencing naturally occurring rhythmic patterns in the body and using them to make yoga more functional and organic.

AIM practices that help develop awareness and the capacity to change

Includes notes, slide show and practicum.

I appreciate your thoughtfulness when you can arrive 10 to 15 mins early so we can start on time.

## #3 The Power of the Pelvis

**Saturday November 4th 1.30pm till 5.30pm**

Working with hip pain, yours & your students.

Addressing and improving asana alignment techniques

Understanding Pelvic and hip range of motion with experiential anatomy

Using AIM to help students with sciatica, hip replacements and hip injury

Includes notes, slide show and practicum.

I appreciate your thoughtfulness when you can arrive 10 to 15 mins early so we can start on time.

# #4 Asana for the Heart

**Saturday March 10th 2018 1.30pm till 5.30pm**

**Using AIM and Yoga to Lower blood pressure**

**A review of heart conditions and how to work post surgery with students**

**How to adapt classic yoga to gentle yoga for clients than can't do big poses**

**Practice restorative and deep relaxation methods to help students restore trust and reduce stress**

I appreciate your thoughtfulness when you can arrive 10 to 15 mins early so we can start on time.

## Pricing Per workshop

Pre registration email Yoga Nook for conformation **\$69 pre pay with pay-pal**  
of space before you pay (min 5 days before date of workshop)

Regular registration email Yoga Nook for conformation **\$75 pay on the day**  
of space before you attend (4 days or less before the workshop)

### *Package Deal.*

**Choose 2 or more workshops from the series for \$59 each.**

Email Yoga Nook for conformation, tell us which workshops you want to attend,  
before you pay to assure there is space in the workshops requested.

**\$118 for 2 workshops Pre Pay with Pay-pal**

**\$177 for 3 workshops Pre Pay with Pay-pal**

**\$236 for 4 workshops Pre Pay with Pay-pal**

### Jeni's Bio

Jeni is a registered teacher at the E RYT500-hour level with Yoga Alliance. She is owner and general manager at Yoga Nook which has been a registered yoga school with Yoga Alliance since 2006. Jeni has written 2 yoga programs for RYT 200 and RYT 300 and offered her workshops at other studios in the LA and Santa Clarita areas. She has been teaching Yoga for over 20 years and is a Thomas Hanna Somatic Educator. Her classes are fun, educational and offered with passion and enthusiasm. She loves anatomy and freely shares her knowledge of body mechanics, kinesiology and somatic movement in every workshop.