

DIG YOGA PRESENTS

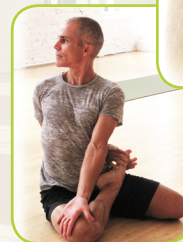
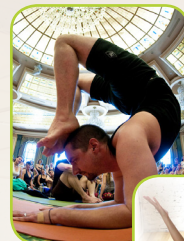
Anusara™ Yoga Teacher's Camp

March 30 - April 2, 2011 (wednesday- saturday)

with Certified Anusara Yoga teachers
Noah Mazé, Sue Elkind and Naime Jezeny

THE CAMP WILL INCLUDE:

- Developing & Teaching Heart-Based Themes
- Honing the Art of Teaching through Practice Teaching Mentorship Sessions & Feedback
- Sequencing Strategies for Teaching Beginning, Mixed-Level and Advanced Classes
- Observation Skills & Creative Verbal Adjustments
- Refining Therapeutic Skills in the Classroom
- Expanding into your own Authentic Voice as a Teacher



DIG YOGA | 204 N. Union St, Lambertville, NJ 08530 | 609.460.4222 | info@digyoga.com | digyoga.com

Anusara™ Yoga Teacher's Camp **March 30 - April 2, 2011**

with Certified Anusara Yoga teachers Noah Mazé, Sue Elkind & Naime Jezeny



SCHEDULE:

Wed, March 30th: 11:30am-2pm
Noah Mazé: Expanding your Authentic Voice as a Teacher-- developing and teaching heart-based themes.

Wed, March 30th: 2:30- 5pm
Noah Mazé: Sequencing Strategies-- UPA's and teaching classes outside the box.

Thurs, March 31st: 12-2:30pm
Noah Mazé: Observation Skills and Creative Verbal Adjustments

Thurs, March 31st: 2:30- 5pm
Noah Mazé: Amp Up your Practice-- lead practice based on sequencing with a peak pose.

Fri, April 1st 2:30-5pm
Naime Jezeny: Refining Therapeutic Skills-- hands-on adjustments & therapeutic case studies.

Sat, April 2nd 1-3:30pm
Sue Elkind: Practice Teaching Mentorship Session and feedback

Cost: *\$275 by Mar 16, \$295 after. \$55 / individual session.

Additional classes offered: \$15 or use class series!

Wednesday, March 30th: 9:15-10:45am
Noah Mazé: Mixed Level class

Thursday, March 31st: 9:15-10:45am
Naime Jezeny: Mixed Level class

Friday, April 1st 11:30-1:30pm
Sue Elkind: The Practice

** participants in the Sue & Naime's 2011 Mentorship Program will receive the discounted price of \$225 for full enrollment in the Teacher's Camp.*

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