

2013



www.SantaBarbaraYogaCenter.com

Special Studies &

Yoga Teacher Training Program

THE ART & PRACTICE of Teaching Yoga

Honing Your Skills of
Communication, Intuition and Hands-On Adjustments



with

Heather Tiddens

January 31, February 1, 2, 3, 2013



Registered Yoga School

Dates: January 31, February 1, 2, 3 (20 hours)

Times: Thurs Jan 31 & Fri Feb 1: 12-5 pm • Sat Feb 2 & Sun Feb 3: 12:30-5:30 pm

Place: Santa Barbara Yoga Center • 32 East Micheltorena Street, Santa Barbara, CA 93101
Tel: 805.965.6045

Prices: \$450 if full payment (deposit plus balance) is made by December 15, 2012.
\$495 if any remaining balance is paid after December 15, 2012.

Deposit: \$175 deposit, required to reserve your place, refundable (minus \$75 cancellation fee) only until December 31, 2012

Balance: Balance is due by, and is only refundable until, Dec. 31, 2012. NO REFUNDS after Dec. 31, 2012.

THE ART AND PRACTICE OF TEACHING YOGA

Honing Your Skills of Communication, Intuition and Hands-On Adjustments

with Heather Tiddens

This hands-on, experiential training is designed to expand your repertoire of teaching skills. This course provides the opportunity to work with and apply techniques and skills learned during the training, to see your students from a myriad of perspectives and to develop a multi-layered approach for on-the-mat guidance. We will focus on:

- ▶ **Hands-on Assists:** assessing, adjusting, and following up for common asanas, as well as your specific requests.
- ▶ **Seeing Energy and Empathizing:** developing your observation and sensing skills, and incorporating these skills in your instructions and hands-on adjustments.
- ▶ **Communication:** clearly, effectively and efficiently communicating one-on-one, in small groups, and to the whole class, including:
 - Tone, pacing, articulation and tenor of your voice
 - Word choice
 - Non-verbal communication via body movements and demonstration of asanas
 - Physical communication via hands-on assists.
- ▶ **Injuries and Health Conditions:** working with common injuries and health conditions in group classes and one-on-one.

Please come ready to jump in, to tangibly train your practical teaching skills, and to support and be supported on your teaching path. Expect honest, clear and constructive feedback from both Heather and each other to support your evolution as a teacher.



Heather Tiddens, E-RYT500, has been teaching yoga full-time since 1998. Maintaining a consistent and evolving personal practice since 1996, she has trained extensively, studying with a variety of teachers including Erich Schiffmann, Lisa Walford, Ana Forrest and Sarah Powers. From 1998 - 2004, Heather completed a personal teaching apprenticeship with Ana Forrest and trained teachers as a faculty member in the Forrest Yoga teacher training courses. Since 2004, Heather has expanded the focus of her practice and training to Yin yoga and meditation practices, exploring the balance of Yin and Yang (active Hatha yoga) styles of asana. She has developed and continues to teach the Practicum Modules at the Santa Barbara Yoga Center, and offers Teacher Training Modules and Advanced Studies courses around the country. www.HeatherTiddensYoga.com
