



Advanced Studies 40-Hour Intensive Everyday Therapeutics

Tony Briggs, Sabine Kuehner, Anne Saliou and Patricia Sullivan

Saturdays and Sundays, April 17 through May 9, 12:30pm-5:30pm

\$750 Intensive/\$125 Individual Module

About the Intensive

The 40-hour intensive is a collaborative undertaking of some of the area's finest teachers. They are providing a cohesive grouping of modules that taken together will provide students with a well-rounded education in how to deal with some of the common issues that come up when teaching your regular studio yoga classes and privates. Each of the modules is also comprehensive in a particular area and so can stand alone and be taken individually if you should wish to participate in just one or two of them.

Week 1

Tony Briggs, Caring for the Knees: Aligning Structurally Above and Below, Saturday, April 17, 12:30-5:30pm

Patricia Sullivan, Supporting Mind and Emotions through Yin and Restorative Yoga Practices, Sunday, April 18, 12:30pm-5:30pm

Week 2

Anne Saliou, The Spine: Alignment, Nadhis, Chakras - Part 1: Lower Spine and Pelvis, Saturday, April 24, 12:30-5:30pm

Sabine Kuehner, Practicing Yoga for Women's Health Issues through the Cycle of Life, Sunday, April 25, 12:30pm-5:30pm

Week 3

Anne Saliou, The Spine: Alignment, Nadhis, Chakras - Part 2: Upper Spine and Head, Saturday, May 1, 12:30-5:30pm (*must take Part 1*)

Patricia Sullivan, Using Pranayama and Meditation for Cultivating Wise Mind and Intelligent Emotions, Sunday, May 2, 12:30-5:30pm

Week 4

Tony Briggs, Wounded Healer/Wounded Student: Learning to Listen, Finding Your Voice - Practical Psychology for the Classroom, Saturday, May 8, 12:30-5:30pm

Sabine Kuehner, Working with Common Spinal and Organic Issues, Sunday, May 9, 12:30pm-5:30pm