

Yoga Teacher Training Intensive with Carolyn Belko



Sundays 10am-3pm FW502

\$108 each

January 10th Fitness 100 61582

March 14th Fitness 100 61583

May 2nd, Fitness 100 61584

September 19th

October 17th

Instructor permission required. Contact the Yoga Program Director, Carlyn Sikes at 480-423-6771 or via e-mail at carlyn.sikes@sccmail.maricopa.edu.

WE teach from our experience. Teaching Yoga comes from experiential knowledge. Establishing a firm foundation in a yoga practice and taking care of yourself as a yoga teacher will be explored.

The following will be covered in the art of learning to teach:

Study of Asana & Pranayama:

- How to practice and study for teaching
- Art of active learning/teaching
- Art of observation
- Art of modifications
- Art of corrections
- Sequencing and timings
- Teaching for special needs
- How to include yoga philosophy

"Learning is as much an art as teaching" BKS Iyengar

Carolyn Belko holds a senior level certificate from BKS Iyengar and has been teaching yoga since 1990. Director of the Iyengar Yoga Center in Encinitas Ca , she has been training teachers in Southern California for a number of years and is on staff at IYASC Training Program.

She continues her in depth learning of yoga through a daily practice and numerous trips to India to study at the source, at Mr. BKS Iyengar's Yoga Institute (RIMYI).

Scottsdale Community College 9000 E. Chaparral Rd., Scottsdale, AZ 85259

