

SHANTI YOGA TEACHER TRAINING PRESENTS

# The Art & Science of Teaching Yoga

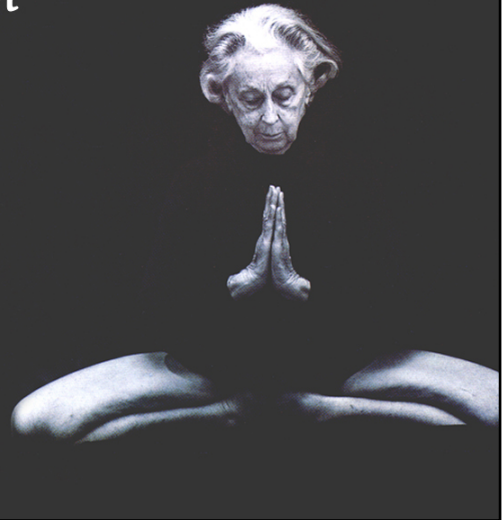
*Facilitating the Process of Freedom & Growth*

JUNE 9 - 11, 2017

JUMP! & Yoga Tree of Boise

"Teaching is not an imposition of the teacher's will over that of the pupil, not at all. Teaching starts with freedom and ends with freedom."

~ Vanda Scaravelli



Fri, 6 - 9p

**Closing Ceremony, JUMP!**

Jodeen Revere, ERYT200 & Debbi Murphy, PhD, ERYT500  
*Celebrate 5 Years of "Yoga Week"!  
Join us for an outdoor yoga class to close-out Idaho Yoga Week! Gather around JUMP's Celebration Circle to move & breathe together with community. Shanti Teacher Jodeen Revere will lead us through a beginner friendly 50-minute yoga class. Plan to stay for the closing celebration with Debbi Murphy. Tea, snacks & a complimentary champagne toast. Beer, wine and other snacks will also be available for purchase. All ages with adult. Debbi will give a brief update about yoga access within Idaho!*

All sessions are included in Shanti tuition, others may attend & receive CEUs at the price listed or full workshop, \$135.

Sat, 1:10 - 2:40p

**Trauma Sensitive Teaching**

Sharon Hammer, JD, MPA, RYT500  
*Many turn to yoga for relief from trauma. Here, you'll gain understanding of the physiological, emotional & mental effects of trauma & how to create a safe environment, use appropriate language & how to respond to students who experience a traumatic trigger. You'll also learn self-care techniques to protect yourself from becoming a victim of secondary trauma.*

*\$25 to non-Shanti current students.*

Sat, 2:45 - 6:15p

**Transitions & Themes**

Kimberly Azzarito, ERYT500  
*Safe, intelligent & clear transitions are key to facilitating joy & freedom in our students' practice. Here we learn to create optimal environment & class templates with mindful modifications and kramas for a variety of classes.*

*\$60 to non-Shanti current students.*

Sun, 11 - 12:45p

**Happy Students, Healthy Business:**

*How to Use the Stages of Behavior Change to Optimize Learning*  
Debbi Murphy, PhD, ERYT500  
*\$25 to non-Shanti students.*

Sun, 1 - 4p

**The Heart of Teaching Yoga**

Mark Zimmerer, ERYT500  
*Through asana, students can learn the ageless wisdom of yoga's philosophy. Through investigating our own truth, we learn how to authentically create transformational experiences for our students.*

*\$50 to non-Shanti current students.*

Contact Shanti to register at:  
[info@shantiyogastudio.org](mailto:info@shantiyogastudio.org) or  
634-9711



TO REGISTER, CONTACT SHANTI AT [INFO@SHANTIYOGASTUDIO.ORG](mailto:INFO@SHANTIYOGASTUDIO.ORG) OR 634-9711