

ASSISTING TRAINING NZ

Teacher Training
Certification for 20hrs



OVERVIEW:

Power Living's Assisting Program is a unique training opportunity to learn the art of communicating as a teacher through the power of your own way of being. Learn from Senior P.L.A.Y Facilitator Kristi Clark. Kristi has trained thousands of teachers across the globe the art of assisting with clarity, power and precision. Her level of experience is unmatched within Australasia.

This course is designed to teach you to increase a student's awareness of their own alignment and bring them into their bodies through touch, presence and direction. We are committed to teaching Power Yoga, a dynamic practice with safe postures. Our assisting techniques support that aim rather than seeking to bring students into the 'perfect' pose or contortionism.

Our Assisting Program fosters a karmic yoga atmosphere at our studios and on our retreats where assistants act in service to the students, enhancing their practice experience. Assisting is a chance to develop another dimension of personal practice as you become aware not only of your own body and energy but also others' unique bodies and the union of energy that occurs through an assist.

THE AIM OF OUR ASSISTING COURSE IS TO TEACH:

- ▶ Safe, effective assisting and adjusting techniques for all Power Yoga postures
- ▶ Safe alignment, joint movements and muscles engaged in postures
- ▶ How to support and enhance the practice experience for the student

YOU WILL:

- ▶ Gain a Teacher Training Certification for 20hrs (16 contact/4 non-contact)
- ▶ Enhance your teaching in the classroom and working one-on-one with students
- ▶ Build confidence as an Assistant Teacher
- ▶ Develop a deeper understanding of a students' personal Yoga practice
- ▶ Have opportunities to join the Power Living Studio Assisting Team

PRE REQUISITE:

- ▶ Recommended completion of a 200hr Yoga Teacher Training Certificate

DATE

Sat 30 Nov – Sun 1 Dec

TIME

Saturday 9.00am - 5.00pm
Sunday 9.00am - 5.00pm

WHERE

Tiaki Pilates, Yoga and Physio
Level 1, Quinovic House
32 Kent Terrace, Wellington

COST \$299 AUD

All course materials included

ENQUIRIES AND BOOKING

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Kristi Clark
Senior Facilitator