
2009



SANTA BARBARA YOGA CENTER

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Advanced Studies & **Yoga Teacher Training Program**



Iyengar Yoga Basics for Teachers

with **Lisa Walford**

May 29, 30 & 31, 2009

Course: *This course will explore in depth the study of asana, pranayama, and the teaching of yoga, with emphasis placed on the Iyengar method of practice.*

Dates: *One weekend, 20 hours: May 29, 30 & 31, 2009*

Times: *Friday, May 29: 12:00–5:00 PM & 6:30–8:30 PM
Saturday, May 30: 12:00–4:30 PM & 6:00–8:30 PM
Sunday, May 31: 12:00–6:00 PM*

Place: *Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101*

Prices: *\$495 if full payment (deposit plus balance) is made by April 17, 2009
\$550 if balance is paid after April 17, 2009*

Deposit: *\$200 deposit, required to reserve your place, is refundable (minus \$85 cancellation fee) only until May 1, 2009*

Balance: *Balance is due by, and is only refundable until, May 1, 2009. NO REFUNDS after 5/1/09*

Course Description:

Why...

Alignment and precision in asana guide the student to connect from the foundation of each pose to the core strength in the body. Postures are not shapes to be put onto a body; rather they are energetic fluid structures latent within each body's visceral intelligence. Alignment teaches architectural principles important to the feet, knees, hips, spine, shoulders, and neck that will encourage stability. These principles are the active phase of practice. The reflective phase encourages precision, poise and peace by watching, adjusting, and fine tuning the body with the breath, the breath with the brain, and the brain with the spirit. Alignment and precision are like physical mantras, they train the mind to focus and remain in the body as each posture unfolds. This attentiveness encourages a deep exploration and understanding of how each body works. Alignment and precision then insure a safe, strong, and satisfying practice.

What...

Sequencing of postures insures a safe practice for both the structural body and the nervous system. Sequencing may emphasize:

- targeting and building awareness in a particular part of the body
- creating an energetic experience, through cooling and heating sequences
- remedial purposes

Sequencing of instructions leads the student from mechanical movement into focused action, thereby deepening the yoga practice.

The sequence of instructions in a posture is important to build:

- the intent of the pose
- the foundation of the pose
- the stability, the anchor, and the direction of movement within the pose
- an awareness of pointing out and avoiding risk factors

Who...

The teacher-student relationship is an integral part of every learning experience. Your presentation as a teacher and the guidelines you establish with your students will help to establish a learning environment. These include:

- adjustments, vocal and physical
 - props, to help your students effectively and safely approach postures that otherwise would be difficult for them
 - imagery
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The Instructor:

LISA WALFORD holds a B.A. in dance and an intermediate senior Iyengar teaching certificate and has been teaching yoga in Los Angeles since 1982. She was on the faculty of several National Iyengar Yoga Conventions and has been instrumental in developing the Teacher Training Program at Yoga Works. She currently teaches Teacher Training Programs nationally and continues her studies annually with the Iyengars in India. In her rigorous and technically informative classes, she creates an ambiance of internal focus inspiring to beginning and advanced students. Through yoga she continues to explore the introspective process of balancing the physical with the energetic body while deepening her appreciation for the creative spirit. In her words: "Yoga brings us from the finite to the infinite, from pain to purpose and passion, and from disease to discriminative awareness. Our body gives us the most immediate and intimate tool to develop this awareness. This process of refining attention through the practice of postures is at the core of every yoga class."
