

## **Vinyasa Flow: A Roadmap**

### **Weekend Immersion With Brandi Vander Eyk**

**Saturday, November 12th 2:30pm to 6:30pm**

**Sunday, November 13th 1:30 to 5:30pm**

**Cost: \$199**

Vinyasa style yoga is a wonderful opportunity to sync the body, breath and mind, yet it can be challenging to teach well. Join Brandi as she offers a roadmap to teaching a successful Vinyasa class in a collaborative and friendly atmosphere.

#### **Who is this for?**

- \*Any certified teacher who feels s/he could use more experience with the Vinyasa style
- \*Any practitioner looking to fire up his or her home practice, or to simply better understand the art of Vinyasa

#### **What to expect:**

- \*Examining what works, what doesn't and why
- \*How to create and cue flows and transitions and the role of music
- \*How to offer modifications to include all the students
- \*How to teach a full length class including build-ups and wind-downs from a flow
- \*You will collaborate, create, practice and teach in small groups to optimize and broaden your experience of the workshop

#### **What you will need:**

- \*Bring a mat, a towel, bottled water (there will be plenty of physical practice)
- \*A notebook and writing utensils

#### **Where:**



**Red Lotus Yoga,**  
1900 S. Livernois #A, Rochester Hills.  
248-601-9642 [Redlotusyoga.com](http://Redlotusyoga.com)