

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