

Marinda Stopforth

The Art of Hands-on Adjustments

4 sessions, each covering a different category of asana

Each session meets 1:00-4:00 pm

Fri, May 4: standing poses and sun salutations

Sat, July 21: forward bends and supine poses

Fri, Sept 14: back bends and twists

Sat, Dec 1: inversions and partner work

\$45 each session (due 1 week on the prior Friday by 4 p.m.); \$55 thereafter. You may sign up for as many sessions as you like. Attend one or all four.



Hands-on adjustments give students a deeper experience and understanding of the pose. This series of workshops - where you give and receive adjustments - offers time to experience, explore and experiment with different adjustment techniques to expand your own practice and your teaching skills.

In these workshops you will learn:

- the purpose and intention of manual teaching
- how to instruct using your hands and guide students to receive adjustments
- the ethics of touch
- how to adjust in a way that reinforces alignment principles
- how to link the skill of adjusting to basic knowledge of anatomy
- different types of adjustments
- how to use props and language to support adjustments

This course is open to ALL teachers, teachers-in-training and advanced students. Each workshop counts as 3 hours of master teacher electives for Prairie Yoga trainees or continuing education for registered Yoga Alliance teachers.

Marinda Stopforth OTR/L, 500 CYT is an Occupational Therapist at Edwards Hospital in Naperville, IL. She is interested in the therapeutic application of yoga. Marinda earned her 500-hour certification through Prairie Yoga and 200-hour through Moksha Yoga Center. Marinda teaches anatomy for Prairie Yoga's 200 hour teacher training programs. She has worked as an aromatherapist, reflexologist and is a qualified Reiki Master Teacher. She is a residential trainer in the study of consciousness for the Monroe Institute in Virginia with her husband, Bob, and is also a certified I:I Provider for the Institute of HeartMath in California.



PRAIRIE YOGA

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216 prairieyoga@comcast.net www.prairieyoga.org

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DATES

Friday, May 4

Saturday, July 21

Friday, September 14

Saturday, December 1

1:00 - 4:00 p.m.

FEE

\$45 each, one week prior; \$55 thereafter

STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

PAYMENT

We encourage you to pre-register. Space is limited, so registering early holds your spot and qualifies you for the discount price. Classes will be cancelled due to low enrollment. Registering by the early discount deadline helps ensure that the class will be held. Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ May 4, 2012; \$45 by 4/27; \$55 thereafter

_____ July 21 2012; \$45 by 7/13; \$55 thereafter

_____ Sept. 14, 2012; \$45 by 9/7; \$55 thereafter

_____ Dec. 1, 2012; \$45 by 11/23; \$55 thereafter

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week prior to the start of the event**, you may request a refund less 15%.
- For refund requests **less than one week** prior to the start of the event, you may request a studio credit less 15%. Credit is good for 6 months and may be used for classes, workshops or special events only.
- For cancellations **24 hours or less** before the event, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- Refunds for credit card payments are subject to an additional 4% transaction fee. No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellation of Event: We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



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