

Marinda Stopforth

The Art of Hands-on Adjustments: Inversions & Partner Work

Saturday, March 17, 2012

1:00 - 4:00 pm

\$45 paid by 4 p.m. on Friday, March 9;
\$55 thereafter

Hands-on adjustments give students a deeper experience and understanding of the pose. In this final workshop of this This workshop - 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.

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. The 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 in 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

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FEE

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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.

_____ **\$45 paid by 4 p.m. on Friday, March 9**
_____ \$55 paid 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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