

# chi&co

presents

# Seasonal Yoga

## Teacher Training



**DO you have a passion for yoga and personal evolution and want to know more?**

**We are presenting a fantastic year of Self Discovery**, this course is for those who wish to deepen their current practice and learn more about themselves, as well as those who wish to gain the ability to teach yoga in the future. (RYS 200 Qualification)

**The Teachers:** Julie Hanson, Sue Woodd, Marit Griffith (see over for more info)

**Starts in January 2011** for twelve months, one weekend a month (Friday eve and Saturday all day) with a retreat weekend built in.

**Contact us on our web site [www.chiandco.com](http://www.chiandco.com)** for more information or if you prefer call 0141 237 1947 and ask for Julie.

Seasonal yoga training will take you deeper on your yoga journey and teach you how to harmonise yourself with life's natural flow. How could you change with the help of 3 of the most experienced teachers in the UK today?

**The cost ... £ 195.00 per weekend**

### The Course

200 hours of Hatha Yoga (RYS 200)

The Seasonal Yoga Teacher Training Course consists of 12 intensive monthly modules with a strong focus on the Vinyassa practices of Seasonal Flow and Ashtanga yoga. The course includes training and practice in Asanas, Kriyas, Pranayamas, Mantra, Anatomy and Physiology, Chanting, Meditation, Chakras and Nadis, Chi Gung and other traditional energy practices.

Throughout the training students will study the Chinese and Indian five elements and how they relate to their practice and lifestyle depending on the season, organs and emotions. This will include unique insight to Macrobiotic and seasonal cooking.

You will also gain comprehensive understanding of fundamental yogic philosophy, experience the major lineages of Hatha yoga, learn about yoga for special circumstances, chair yoga, teaching with music, marketing, N.L.P, personality profiling and more.

The Seasonal Yoga Teacher Training Course meets and exceeds the National Educational Standards of Yoga Alliance at the 200-hour level. You will be a registered yoga teacher on completion.

*For more information [www.chiandco.com](http://www.chiandco.com) then click seasonal yoga*

## The Teachers



### Julie Hanson

Seasonal Yoga Flow is Julie's main passion. She teaches seasonal yoga classes and workshops in Scotland, England and in Europe. With her co-author Sue Woodd, Julie has published a book "Energy in Season" which gives clear guidelines to living, eating and practicing Yoga, Tai Chi and Chi Gung in line with nature and the seasons. Julie's early career was rooted in the fitness industry and running SPORT AID World Workout in 85 was one of her personal career highlights.

Now her time is split between writing, teaching and training the occasional celebrity. She has made regular TV and Radio appearances over the years. She educates students and teachers alike to live life in line with nature, encouraging them to maximize their potential for health and fitness and achieve lifestyle and personal goals. International yoga teachers Shiva Rea and David Keil have influenced Julie's style of teaching.



### Sue Woodd

Sue Woodd has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. She is a registered trainer with the Shiatsu Society, a Senior Instructor with the T'ai Chi Union of Great Britain and she teaches for the F3 T'ai Chi and Chi Kung Academy and the Chi Yoga School. Sue is a graduate of the College of Cranial Sacral Therapy and a teacher affiliated with Yoga Alliance she is an International Master Trainer and trains fitness instructors and

lectures for leading Health Farms, designing courses for Fitness Companies world wide including the YMCA, Fitness International Geneva and Bodymind concepts Sweden. Sue continues to raise public awareness through her books, DVD's and radio and television appearances.



### Marit Griffith

Marit first practiced Yoga in 2000, after a background in martial arts, with a comprehensive one month yoga course in Rishikesh, India, under Swami Vivekananda Saraswati. Since then she has studied many different styles of yoga intensively and travelled to different parts of Asia and Europe on courses and retreats increasing her understanding of the whole yoga system. She continues to learn under Swami Vivekananda Saraswati for several months of intensive study each year and in the last 5

years has moved into the realm of meditation by retreating several times per year, for periods from one week to several months at a time, in the Advaita Vedanta tradition. She now runs the White Lotus Yoga School, [www.whitelotusyoga.co.uk](http://www.whitelotusyoga.co.uk) and teaches beginners to advanced classes in general Hatha Yoga and Tantra Yoga, gives lectures, workshops, seminars, private classes, etc. Marit exemplifies the life of a yogi in her dedication to the practice and helping others find a way to make these wonderful teachings relevant to their lives.

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