

*Seasonal*   
*Yoga*



## NEW 1 YEAR TRAINING – Seasonal Yoga

Yoga makes our bodies stronger, more flexible and relaxes the mind. With this unique Seasonal Yoga Training we go further and unite the human nature with the nature we're part of. Throughout the training year you'll deepen your knowledge of the history and philosophy of Yoga, study anatomy, physiology, the energy system of the body, nutrition, hands-on practice and experience different styles of yoga and other energy arts such as Ayurveda and Qigong. We're offering you an additional tool of working with the seasons and the various energetic changes in nature to support health and wellbeing. You will learn how to use Marmas (pressure points) and Nadis (energy pathways) so you'll be able to teach and modify yoga for different needs. These will enable you to develop new skills and concepts to add variety to your classes throughout the year. On each weekend you will learn Meditations and Mudras for the Season, movement awareness and also face & body reading. The full year of 200 hours studying will give you time to improve your own technique and deepen your understanding of Yoga to teach it skillfully. You'll receive an International Certificate from Yoga Alliance.

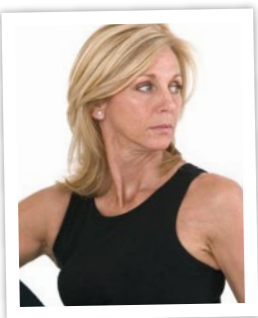


## Principal Tutors



**Kristina Alvin** has qualified as an authorized Beauty & Body Therapist in 1998. She has specialized on Ayurveda, Yoga, Mindfulness and Energy Balancing. She is currently working as a teacher for therapists and children. Alongside this she is also developing concepts for SPAs and Yoga Centres in Sweden as well as in other countries. Kristina finds it really important to help people help themselves to live life with health and happiness. Her motto is *"Find Your Own Way!"*

**Sue Woodd** has been working in the field of Complementary Medicine for the past 20 years, founding her own school in 1991. She is a registered Trainer with the Shiatsu Society and T'ai Chi Union and she teaches for the F3 T'ai Chi and Chi Kung Academy and Chi Yoga School, and is also graduate of the College of Cranial Sacral Therapy and teacher affiliated with Yoga Alliance. As an International Master Trainer she trains fitness instructors and lectures for leading Health Farms and Fitness Companies world wide and continues to raise public awareness through her books, DVD's and radio and television appearances.



**Julie Hanson** is the owner of the Chi Yoga Centre in Glasgow. She is also joint founder and director of the Chi Yoga School.

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. Some 30 years later her time is split between writing, teaching and training the odd celebrity with occasional TV and Radio appearances. She lectures throughout the UK and in Europe. Julie is passionately committed to introducing people to seasonal exercise.

**Tina Hedrén** comes from a background of gymnastics, dance and fitness. She started with yoga in 1995, also continued with ChiBall in 1998. She is a qualified Feldenkrais Practitioner and Yoga Alliance affiliate and presents and lectures world wide. She is constantly offering interesting concepts and trainings for the Scandinavians through her company Bodymind concepts. Tina feels strongly about sharing Seasonal concepts to balance our fast lifestyle and maintain good health and vitality.



## Presentation of modules

### Module 1 19-20 September 2009

- History of Yoga
- Introduction to Seasonal Yoga
- Working with Energy and its complimentary opposites
- Practical
- Introduction of standard flow PRACTISE
- List of Literature
- Yoga Workshop basics in standing, sitting and lying
- Intro to Ayurveda
- Basic relaxation

### Module 2 24-25 October 2009

- Yoga & Philosophy intro
- Standard Practise
- Introduction to Autumn Flow
- Awareness Workshop
- Breathing & Pranayama
- The Lungs & the Respiratory system
- Developing Touch skills
- Tao & Dharma
- Ayurveda

### Module 3 21-22 November 2009

- Yoga & Philosophy cont
- Understanding Energy Pathways
- Introduction to the Eliminary system
- Large Intestine & intestinal massage
- Naoli (cleansing kriyas)
- Practise (autumn flow cont.)
- Touch Skills to locate & open up the nadis, cont. every module
- Ayurveda cont. Every module

### Module 4 19-20 December 2009

- Patanjali
- Introduction to Winterflow
- Bladder
- Skeleton & working with the Spine
- Postural Awareness & Deviations
- Intro to Personal development plan (to be continued throughout the training)
- Chakras intro
- The Urinary System
- Backbends progressions/modifications
- Overcoming fear

### Module 5 23-24 January 2010

- Hormonal System
- Kidneys
- Chakras cont
- Inversions
- Listening Skills
- Meditation & Mind Training
- Practise & winterflow cont.
- Mantras
- Brain Wave Patterns & intro to Cranio Sacral System

### Module 6 February 20-21 February

- ANATOMY Muscles & Joints
- Music & Chanting
- Eye Yoga
- Preparing postures to teach
- Practise & spring-flow
- Asanas lateral & side-stretching

### Module 7 20-21 March

- Detoxification
- Kriyas
- Muscles, organs & meridians associations
- Marma-points for muscle-testing
- Sanskrit
- Yoga workshop - rotations
- Energy directions 'apana'
- Develop A Class Plan

### Module 8 24-25 April

- Asanas & Emotions
- Bandhas, horizontal structures
- Practise
- Pericardium
- Teacher Training Practise
- Breathing & Emotions
- Yoga Workshop – breath awareness hands on techniques
- Modifications for high blood pressure

### Module 9 22-23 May

- Fascia
- Triple Heater
- Dao Yin of The Dragon
- Opening & Closing the Web
- Teacher Evaluation
- Seasonal Nutrition & Body Temperature
- Yoga Workshop - opening & closing asanas

### Module 10 19-20 June

- Digestive System & Nutrition
- Small Intestine
- Asana Workshop Seated postures
- Introduction to summerflow
- Stripes, blocks, tools to assist in postures
- Observations
- Yoga Workshop - Iyengar

### Module 11 24-25 July

- Heart
- Circulatory system
- Preferred Teaching Skills
- Design Own Flows
- How to sell/ market SY (talking about energy)
- Yoga Workshop - Power Yoga
- Communication Skills

### Module 12 28-29 August

- Stomach & Spleen
- Lymphatic System & Relation to Inversions
- Balancing the Immune System
- Yoga workshop – Balancing postures
- Preparing for Graduation
- Late Summer Flow
- Environment & Space for Yoga
- Practise evaluation

### Graduation Weekend 25-26 September

- Overview of Seasonal Yoga
- Class discussions and group work
- Individual session with tutors and teaching tips.
- Graduation procedure
- Graduation Party

The training is held at **Nordens Folkhögskola**, close to Stockholm Arlanda airport. At the school we can arrange for your meals & accommodation throughout your training modules at a reasonable price (65 Euros per weekend).

# Seasonal Yoga



## 1 YEAR TRAINING Seasonal Yoga Application Form

**Please fill in;**

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_

Country: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Language for manual:       English       Swedish

Current health: \_\_\_\_\_

Experience of Yoga: \_\_\_\_\_

To achieve a Course Certificate all modules must be attended.

Price per module is 220 Euro. We can offer overseas students a 10% discount!

When we have received your application, we'll send you the 1st invoice to be paid before the 1st module. This also pays for your last module which will be free of charge.

**Last day to send in Application is Friday July the 10th 2009.**

Signature: \_\_\_\_\_

  
**bodymind**  
concepts

**Please send your Seasonal Yoga application to;**

Bodymind Concepts

Läby Österby 113

755 92 UPPSALA

Sweden

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E-mail: [tina@bodymindconcepts.se](mailto:tina@bodymindconcepts.se)

Web: [www.bodymindconcepts.se](http://www.bodymindconcepts.se)