

## 1-Year Training – Seasonal Yoga 2012 - 2013

This unique Yoga Training unites human nature with the beautiful nature that surrounds us all. Yoga both strengthens and relaxes body and mind. Throughout this intensive years training you will deepen your knowledge of the history, practices and philosophy of yoga as well as anatomy, physiology, energy systems and nutrition. You'll be learning to work with Chi Kung and other techniques that work skillfully to enhance and balance energy, while also giving you tools to work with people with special needs.

Seasonal Yoga is flowing hatha (physical) yoga that is adapted to match each seasons energetic changes , as well as developing a true understanding of how these transformations relate to our mental and emotional states, our major organs and lifestyles.

During the weekend modules your awareness will increase on both a practical and theoretical level. The training will strengthen you as an individual and give you a secure platform to inspire your future yoga students to health and well-being. The training is 200 hours and after examination you can apply to be registered as an International Yoga Teacher with Yoga Alliance.



## TUTORS

**Sue Woodd** has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. Sue is an experienced teacher affiliated with Yoga Alliance EYT, a registered teacher trainer with the Shiatsu Society and a senior instructor with the T'ai Chi Union of Great Britain and teaches for the F3 T'ai Chi and Chi Kung Academy. She is also graduate of the College of Cranial Sacral Therapy, As an International Master Trainer she trains Yoga, T'ai Chi and fitness instructors, lectures for leading Health Farms and designs courses for fitness companies worldwide and continues to raise public awareness through her books, DVD's and radio and television appearances.



**Julie Hanson** Seasonal Yoga Flow is Julie's main passion and she teaches seasonal yoga classes and workshops in her own studio in Scotland (Chi & Co), and travels throughout England and 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 Kung 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. Some 30 years later her time is split between writing ,teaching and training the odd celebrity with occasional TV and Radio appearances. Julie is passionately committed to introducing people to seasonal exercise, and helping others to maximize their potential for health and fitness and achieve their lifestyle and personal goals.

**Tina Hedrén** comes from a long background with gymnastics, dance and fitness. Early 1995 she began doing Yoga and it has been a passion ever since. It was followed by Trainings in England both for her Yoga Certificate as well as a 4-year Feldenkrais training. She also teaches Pilates after studying that in Switzerland. Tina works and presents worldwide. Through her company Bodymind concepts she offers different trainings and retreats. Tina is a Yoga Alliance member and facilitates the Seasonal Yoga Trainings in Scandinavia. Her motto is to share a harmonious rhythm to life by living in harmony with nature. Tina speaks Swedish, Finish and English during the trainings in Sweden and Finland.



## TRAINING WEEKENDS & THEMES Thursday to Sunday



Spring	16-19 February
Early Summer	19-22 April
Summer	7-10 June
Late Summer	23-26 August
Autumn	25-28 October
Winter	13-16 December
Examination	26-27 January 2013

### Time frames

Training starts Thursdays at 09.00

Training finishes Sundays at 16.00

To apply for an international yoga certification you must have attended the full 200 hours.

Yet another Seasonal Yoga training is offered in Helsinki, Finland during January, March, May, July, September and November with an examination also in January 2013. This is an opportunity to catch up if you miss one module.

If you have questions, please don't hesitate to contact Tina Hedrén at Bodymind Concepts via [tina@bodymindconcepts.se](mailto:tina@bodymindconcepts.se) or call + 46 18-444 02 96

You sign up for your training on [www.bodymindconcepts.se/anmälan](http://www.bodymindconcepts.se/anmälan)

If you prefer posting your details you can fill in details here below;

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

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

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

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

E-mail: \_\_\_\_\_

Date and signature: \_\_\_\_\_

You will be given a manual and Yoga programs as DVDs. You will read additional literature during the training year, many books can be found in the library.

Price for the training is 29.250 kronor

**Early Bird price is 27.500 kronor – you need to sign up and pay before November the 30th 2011.**

Applications must be sent in December the 15th the latest.

When we receive your application we'll contact you through a phone call or personal meeting. You'll have a more detailed course plan and instructions on how to find your way to the venue. Wik is the name of the venue with beautiful nature and surroundings only 20 km south west of Uppsala, ideal for a Yoga Training. There will be additional costs for food and accommodation.