



SKILL IN VINYASA WORKSHOP

Theresa Elliott

Theresa Elliott's fascination with the human body began with children's sports, made its way through music and dance, and then to yoga in 1987. Core work, unique movement patterns and humor form the heart of her teaching. "Why?" and "what are we doing?" are continual themes in class as students come to understand the language of the body.

Certified in the Iyengar Method in 1990, she is the Director of Taj yoga and Co-Director of Pacific Yoga Teacher Training. She choreographs Yoga Dance, Hula Hoop and performance art pieces that may be seen at www.tajyoga.com.

You may recognize Theresa as the demo model in Judith Lasater's highly acclaimed books, "30 Essential Poses", and the cover model for "Yogabody" and the 2nd edition of "Relax and Renew." She is a mother, an avid dancer and loves to play the djembe.

Saturday, February 11, 12:00 — 5:00pm
(includes a break)

Develop skills to move from pose to pose (vinyasa), focusing on transition as an asana in itself. Information in this workshop is applicable to all forms of yoga and will include "trouble shooting" of common and uncommon vinyasa patterns. All levels are welcome, including teachers of any tradition, and all who wish greater depth in their understanding of how to move in yoga.

All levels welcome. YA-CEU credits available for Registered Teachers.

WORKSHOP RATE: \$115

Contact Yvette at 208-725-0595x141 or via email at yhubbard@thunderspring.com to reserve your spot today.

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