



**In the Know
Newsletter**



**YOGAVISTA
ACADEMY**

Advanced Gentle Yoga Teacher Training

Knowledge for the Advancement of Gentle Yoga Teachers

In This Issue

[Teacher Tip](#)

[Representing Gentle, Senior & Chair Yoga in Wash DC](#)

[Sequences for the Upper Body](#)

[The Second Half of Life](#)

[Early Bird Registration for October Weekend Workshop](#)

Teacher Tip

Low Back Sequence 1

by Justine Shelton, Certified Viniyoga Therapist



"The following sequences focus on the low back, the hips and the knees. My teaching is a synthesis of all the teachers I have been so fortunate to be able to learn from and is heavily weighted in the Viniyoga tradition as that is the path I have most deeply studied and practiced. I would like to share that these sequences are also from a learning in my own body and my own physical practice of asana. This gentle practice has helped to heal my body from injuries sustained showing horses and playing Division I Collegiate basketball." [View More>>](#)

Excerpt from our [Teacher Training Manual Vol 1](#)

Yoga Alliance Business of Yoga Conference!

Dear :

For all of you who don't teach Chair Yoga, don't dismiss the ideas you can glean from a Chair Yoga class. Any sequence for the upper body can usually be incorporated into a mat/floor class as well. And remember all those computer workers in your classes... they need as many creative upper body movements you can offer.

Here is a vignette from one of our [Weekend Workshops](#) of some creative ways to stretch and open the upper body from a group of your peers - Gentle, Senior and Chair Yoga teachers! Our workshops incorporate time to learn from each other as well as the presenters!



Yoga Teachers share Creative Ways to Stretch and Open the Upper Body

The Second Half of Life: Your Dreams Come True!

We have seen MANY of our students and fellow teachers through their midlife crises... and they have come out happier and more content than ever. We cannot tell you of the countless number of teachers who got their yoga teaching certification after the age of 50!

If you are in that category, don't miss our October workshop

Let's be Represented!



Gentle, Senior and Chair Yoga: The Untapped Market

Baby Boomers, Seniors and Deskworkers can all benefit from a gentler style of yoga. And what better way to reach these populations than to go out into the community and teach them right where they are! Join Sherry Zak Morris, E-RYT and Yoga Studio owner, at the Yoga Alliance Business of Yoga Conference in Washington DC to find out how to bring yoga into your local libraries, senior centers, assisted living centers, hospitals and workplaces. [Find out more!](#)

Show us that you like what we do by Liking, Following and Subscribing to us!
THANKS!

Like us on Facebook

Follow us on twitter

View our videos on YouTube

Do you know a Fellow Yoga Teacher who is interested in this Population?

Send to a Colleague

session [Private 55+ Community Booming with Yoga Teaching Opportunities](#) from Carin Seebold, RYT.

We plucked Carin out of one of our workshops because she has a story that is resonating with so many of us! She has been teaching since 2007, receiving her Yoga Alliance 200-hr certification at the age of 61 (the eldest in the class). After being a serious student for 10+ years, she moved forward with her "dream job", beginning her teaching career in the private, 55+ communities. Check out her recent [Senior Yoga Partner Retreat!](#)



October 18-21, 2013 - 4 Full Days of Intensives!

Early Bird Registration Open!
28 CEU Hours in an Intimate Learning Environment!

Space Limited: 25 attendees maximum.
Sign up Early!

Deep Dives into these Specialty Areas:

- Indepth Chair Yoga for Everyone Workshop - For Deskworkers, Seniors and Wheelchair-Bound
- Gentle Chair Yoga: Senior Posture & Balance Session
- Gentle Yoga Therapy for Joint Health - focusing on Knees & Hips
- Gentle Somatic Yoga - Full Day Deep Dive Intensive
- "Expanding your Yoga Business" Sessions
- [Find out more on our Workshops!](#)

These Workshops are for yoga teachers, health care professionals and/or anyone interested in learning more on these important and timely topics.



Namaste,

[Justine Shelton](#), E-RYT500 and Certified Viniyoga Therapist

[Sherry Zak Morris](#), E-RYT and Yoga Vista Studio Owner

Yoga Vista Academy

319 E. Broadway
Avenue
Vista, California 92084

YOGAVISTA
ACADEMY



yogavistaacademy@gmail.com