



In the Know Newsletter



Advanced Gentle Yoga Teacher Training

Knowledge for the Advancement of Gentle Yoga Teachers

In This Issue

- [Teacher Tip](#)
- [CEU Teacher Training Workshop](#)
- [Gratitude to all Yoga teachers](#)
- [Express Your Opinion](#)

Teacher Tip

Somatic movement that can be done on the Mat or in a Chair!

This is a somatic movement designed to warm up the entire body. At the beginning you are breaking it down into two movements. Make it an organic process and use your breath to move stagnant energy. [View more>>](#)



Isolating the Rib Cage

Excerpt from our [Teacher Training Manual Vol2](#)

WORKSHOPS:
Gentle/Senior/Chair
Yoga, Yoga
Therapy & Somatic
Yoga

Our Gentle, Senior and Chair

Dear

As Yoga Teachers we know that we can make a difference in someone's life, but most of the time we probably won't really know for sure. Maybe it is something we said, did or shared that made a person experience an ah-ha moment or a physical breakthrough.

I had the amazing privilege to actually hear from one of my students who has MS. He showed me how he has physically benefited from my chair yoga teaching - and I immediately asked him if I could grab my camera! As my partner Justine said "Sherry wouldn't take a million dollars in exchange for this student interaction"! So true!

Here's to all of you dedicated yoga teachers who truly DO Make a Difference!



Gratitude for All Yoga Teachers - A Student Speaks

Yoga Teachers Express your

Yoga and Yoga Therapy Workshops are great for yoga teachers wanting to expand their teaching to serve these populations. And great for practitioners who want to deepen their knowledge. [More info on our April 2013 workshop in Cary, NC...](#)

Can't make it to North Carolina?

Check out our [2013 Workshop Line-up](#).

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

 [Send to a Colleague](#)

[Like us on Facebook](#) 

[Follow us on twitter](#)

[View our videos on YouTube](#) 

Opinion!

Many of you know that I am currently serving a 1-year term on the Yoga Alliance Committee for Yoga Studios and Yoga Teacher Training and am involved with suggesting ideas for their upcoming August Conference in Washington DC and for representing ORNS (One Room Neighborhood Studios).

Yoga Studio Owners: What membership benefits would you like to receive from Yoga Alliance? Here are a fewCheaper liability insurance, health insurance for your staff, National studio directory listing, discounts on props/yoga merchandise, legal contracts/services...???

Yoga Teachers: What Conference topics are of interest to you? Think about ways you might want to expand your business. Here are a fewWorkshop/Presentation Expert Advice, Social Media Marketing, Newsletters/Blogs, Yoga Videos, DVDs and YouTube, Corporate Yoga, Yoga at 55+/Assisted Living facilities, Buying and Selling a Yoga Business...

Let your voice be heard. [Send suggestions!](#) so I can pass them along!
Sherry

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



yogavistaacademy@gmail.com