



In the Know Newsletter



Advanced Gentle Yoga Teacher Training

Knowledge for the Advancement of Gentle Yoga Teachers

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Teacher Tip

Senior Challenging Balance Pose

with Paula Montalvo, Senior Chair
Yoga Teacher



It is always great to offer more challenging poses for the students who are willing to try. These poses require steadiness, strength and focus. And they are playful as well!

[View entire sequence.](#)

Excerpt from Volume 2 Teacher
Training Manual.

2014 Workshops!



Dear :

In almost every yoga class, there are at least a few students that always ask for hip openers. If your staple for a hip opening sequence is Pigeon, then you'll be excited to see two new hip opening sequences by Justine Shelton, AVI-Certified Viniyoga Therapist.

These Hip Opening sequences are designed to take you slowly and safely into areas where you may be experiencing tension and tightness. And remember to remind your students to breathe!



*Tight Hip Relief - Gently Open and Release External
and Internal Hip Rotators*

This sequence, and many others, are included in the full version of Justine's **Gentle Yoga for Healthy Knees and Hips DVD** highly reviewed by the Yoga Journal Magazine.

Auditions Help You Grow!

I had an audition last week for a Corporate Chair Yoga class. Well, actually it was called a "Lunch and Learn". As a studio owner, I often audition new teachers and I know how nerve-racking it can feel. Almost like giving a speech for a passing

Chair Yoga for Seniors

with Sherry Zak Morris

February 27, 2014

Location: Soul of Yoga, Encinitas, CA

The vast majority of Americans are growing into their golden years, 70+, and beginning to experience the physical effects of aging. It is becoming imperative that Yoga Teachers learn to adapt their classes to safeguard the health of their Senior students, and also quite advantageous to be able to add chair yoga to your teaching skills.

[Learn More.](#)

Gentle Yoga Therapy & Chair Yoga

with Justine and Sherry

April 26-27, 2014

Location: Ganesh Yoga Studio in Chicago, IL

[Find out More!](#)

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



About Justine



From Collegiate Basketball Player to Yoga Therapist - The Journey of Justine Shelton, E-RYT500

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grade! But, it's part of growing your yoga business ... and your confidence.

For this particular audition, I had 30 minutes to engage a roomful of 35 participants to enjoy and benefit from a Chair Yoga Class at work. After the class, they had to cast their vote on whether they wanted to have this class continually offered each week.

Some came with pen and paper, some in stilettos and others in sweaters. Half way through I had them doing the Hula, moving in Seated Sun Sals, and peeling off their sweaters! We ended with a 5-min "Legs up the Chair" svasana, scented eye pillows and a guided meditation. I put my best foot forward and then had to wait.....!

I just got the call today... I got the job! And their Insurance Company pays me directly. If you want to know more details on how Corporate opportunities work, email me!

Sherry

Gentle, Senior and Chair Yoga Teacher Training manuals

\$99.95 for All FIVE Volumes in PDF format on a CD! [Buy Now!](#)

PDFs are in color, allow for text searching and printing one or several pages at a time. Check out the details and [previews of each manual.](#) You won't regret having this library of knowledge!



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Namaste,

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

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