



**In the Know  
Newsletter**



*Advanced Gentle Yoga Teacher Training*

## Knowledge for the Advancement of Gentle Yoga Teachers

### In This Issue

[Teacher Tip](#)

[Northwest Weekend Workshop  
Added](#)

[The Yoga Band-aid Pose](#)

[Tell Them What You Told Me](#)

[Victory Goes to the Bold!](#)

### Teacher Tip

**Hovering or Humble Warrior**



What a fun pose. This is easy to move into from a Warrior I position. It is great for balance and when held, works the core and back muscles and those strong knees and thighs too! Sometimes, you may even see a student lift off the back leg and fly!

[View entire sequence.](#)

Excerpt from Volume 1 Teacher Training Manual.

**We've  
Added  
the**



**Northwest!  
Updated Weekend  
Workshop Schedule**

Dear :

What makes a good Yoga Teacher? Is it 1,000s of hours of studies and/or 1,000s hours of teaching? Can a brand new teacher graduate be as effective and successful as a seasoned veteran teacher?

Our Chair Yoga Teaching staff has teachers from their 30's to their 80's and our students love and appreciate them all for different reasons. So, I asked some Seniors to tell you what they like about a Chair Yoga Teacher!



Tell Them What You Told Me! What I Like About a Chair Yoga Teacher!

## Victory Goes to the Bold

### A True Chair Yoga Teacher Story

I raised two boys, now in their 20's, with a saying "Victory Comes to the Bold!" As in... step up, step out, reach for the stars and make it happen!

So when Jennifer, a young Chair Yoga Teacher from the East Coast, sent me an email, it had the flavor of a sales pitch. I almost deleted her message when I paused and thought "...My, she's Bold!" That got me thinking of what I

**Saturday, May 17, 2014 -  
10:00 - 4:00 pm Location:  
Z's Studio, Stanwood,  
Washington (Seattle  
area)**

**[Find out more!](#)**

### **The Yoga Band-aid Pose!**

What is the go-to pose that brings relief to almost any low back ailment or ache? Redefined Cobbler's Pose (aka Baddha Konasana)... but with an interesting variation. Nicknamed the "Yoga Band-aid Pose!"



A Gentle Yoga Band-aid for the Low Back

For the entire low back Yoga series, check out **[Justine's Gentle Yoga for the SI Joint DVD](#)** available at [www.YogaJP.com](http://www.YogaJP.com)

**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

always tell my sons. So I answered her back.

She told me she created a Chair Yoga DVD for people recuperating from knee replacement surgery and for those active seniors who wanted to get back in shape. Of course, that caught my attention... but what did she say that was so Bold? Well, she wanted to be one of the teachers listed on our [YogaJP Video Teachers Web Page](#). And up to that time, only teachers I have produced videos for were listed there.

Fast forward a few months, and I mentored and invested in her and gave her DVD a professional makeover. Even though her video production isn't high budget - her content is creative, different and top notch!

**For all you Jennifers  
out there... Victory  
DOES come to the  
Bold!**

Support a fellow Yoga Teacher's dream and learn something new to share with your students! **[Find out more!](#)**



**Order Active Chair Yoga  
today!**

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](mailto:yogavistaacademy@gmail.com)

