



In the Know Newsletter



YOGAVISTA
ACADEMY

Advanced Gentle Yoga Teacher Training

Knowledge for the Advancement of Gentle Yoga Teachers

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Teacher Tip Seated Sun Salutations with Leg Strengthening Options with Sherry Zak Morris, E-RYT



Push the heels down
and lift the toes. This
strengthens the
quadriceps and ankles.

This is a challenging variation which works the lower body. I use this one as the final round of the Sun Salutations series.

[View entire sequence.](#)

Excerpt from Volume 2 Teacher Training Manual.

How Did James Knight Develop Gentle Somatic Yoga?

James Knight, the Pioneer of Gentle Somatic Yoga, shares how he came to develop this philosophy of body movement to help release chronic pain.

Dear :

Happy New Year! Here's to abundance and passion for us all! If there is one thing that fuels creativity and productivity - that is PASSION! And if you have passion for teaching and sharing yoga, then believe whole-heartedly that doors will open for you! And remember to step through those doors, not just peek inside!

We get asked...Where to get Trained?

We are asked quite often if we have a 200-hr Yoga Teacher Training program that specializes in Gentle, Senior and Chair Yoga. We **DO** know there is a need out there for these types of programs, but to date we are focusing on Continuing Education and Online Certification Programs that meet Yoga Alliance standards. Our [curriculum](#) includes online certifications and deep dive workshops into areas and issues we find when we teach to our Gentle, Senior and Chair Yoga students. We cover and continue to expand our expertise in these areas:

- **Senior Yoga** - focusing on senior health issues and yoga modifications (Sherry Zak Morris and Paula Montalvo)
- **Chair Yoga** - wheelchair, deskworkers and seniors (Sherry Zak Morris and Paula Montalvo)
- **Gentle Yoga Therapy** - structural anatomy, joints and spine, physiology, and many conditions we see in our student population: osteoporosis, osteoarthritis, fibromyalgia, cancer recovery, etc... (Justine Shelton)
- **Gentle Somatic Yoga** - you will not find this topic covered anywhere as it is a unique specialty! (James Knight)
- **Your Ideas!** We are open to suggestions as to what to cover based on what YOU are seeing in your classes.

[Let us know.](#)

If you are looking for a good foundational 200-hr program, we can direct you to a few we know about. If you are not a Yoga Teacher yet (and want to be!), remember you can attend our workshops and utilize our training materials for

With over 20 years in the Healing Arts, James discusses how Hanna Somatic movements when combined with Gentle Yoga concepts can more quickly get to the root of tight, constricted muscles in order to free the body from habitual patterns and chronic tension.



Gentle Somatic Yoga - The Concepts Behind this Blended Discipline with James Knight

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THANKS!

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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

advanced learning while you search out or are involved in a 200/500 hr program.

The Art of Cueing: Chatty Cathys vs. Silent Tormentors!

Some teachers can be Chatty Cathys to an extent that you can hardly process what directions they are giving. Others may have you hang in silent, long-term holds that seem to take forever. Join Justine Shelton, E-RYT500 and Certified Viniyoga Therapist as she walks through Warrior 2 using cues and concepts to help the student get the most out of the pose.



The Art of Cueing: The Balance of being too Chatty or too Sparse in your Yoga Teaching Cues

APRIL 25-27 in Chicago! We just added another Topic to our **Weekend Workshop!**



Gentle Yoga Therapy & Chair Yoga

with Justine and Sherry





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

Super Early Bird Special for all 3 Days ends January 30th! [**Find out more!**](#)