

Living Yoga presents

ADVANCED TEACHER TRAINING COURSE

with Lisa Petersen, Christine Howitt & Faculty

Dublin 2015 & 2016



LIVING
YOGA

*When we practice yoga from an interior perspective,
the body becomes mindful and the mind becomes embodied*

— DONNA FARHI —

INTRODUCTION

THIS COURSE IS UNIQUE. WE OFFER TWELVE MODULES COMPRISING OF FIFTY DAYS OF TRAINING SPREAD OVER ONE AND A HALF YEARS.

The twelve modules are open to graduates, teachers and dedicated students of Yoga. Each module has a unique emphasis and theme and is designed so it can be taken individually or as a series. For deeper, more integrated learning and mentoring, we strongly advise you to consider several or all modules. The course can be completed over any number of years at your convenience.

Yoga is an embodied practice. Embodiment is a big word for a simple concept. It means we bring our attention back into our bodies in order to fully experience ourselves. In the words of Bonnie Bainbridge Cohen embodiment is *'the act of awakening and enlivening the consciousness of our whole being'*.

This training is about relationship and how the parts of us co-operate to create a unified whole. In this philosophy, developing along on the yogic path is not a linear process, but a series of overlapping waves, each wave planting a seed enabling the next wave to take root and flourish.

Our Ethos

We respect and value all traditional schools and teaching while embracing modern masters and the continuing innovation and creativity that has allowed to yoga evolve for over 5,000 years.

We believe that a great yoga teacher is a truly unique blend of scientist, artist, mentor, model and spiritual guide. Our training seeks to cultivate these skills and abilities through your unique presence, voice and style so your teaching becomes a deep, self-renewing process.

Yoga is a journey and a particular emphasis of our teaching is Svādhyāya or self-inquiry. It is our belief that it is the teacher's own personal process as well as passion that facilitates deep internal change, growth and transformation.

We know that optimum learning happens in a warm, open, non-competitive, relaxed, professional environment. We appreciate that everyone has a unique learning style and offer skilled practices to accommodate all learners.

It is our mission to help develop highly skilled yoga professionals and practitioners where self-enquiry, self-awareness, and self-trust are paramount.

If you are even a little bit curious about who you are, how you move, and what you're capable of, this training is for you. It's an amazing gift.

— SANDRA MC GUFFIN, YOGA TEACHERI —

WHY THIS COURSE IS UNIQUE

- It is offered in modular format over one and half years so you can customise the content to suit your requirements, interests, schedule and budget, with fees due two months before each module. You can complete the course in subsequent deliveries at your own pace.
- Students receive personal mentoring, ongoing feedback, supervision, advice and the steady, continuing support that is crucial to learning and development.
- We have a *very high* student-teacher ratio which ensures a level of personal attention which is unsurpassed on a training of this calibre. As a former participant said, 'there is always someone close by to ask or notice if you need help.'
- We work a six hour day to maximise retention, focus and concentration. Experience has shown that 'packing in' too many hours (often done to stockpile accreditation hours) is counterproductive to real learning.
- We explicitly leave integration breaks over the course of the training.
- The modules are carefully and specifically designed by highly experienced international teachers to take you to the next level. We are constantly innovating our syllabus and pedagogic model.

COURSE CONTENT

Our training includes the study of:

- Asana
- Vinyasa
- Breath Practices
- Meditation
- Therapeutic Practices
- Restorative Yoga
- Yoga Philosophy and Ethics

What Can I Expect ?

You can expect to develop the following skills:

- Development of your own personal practice.
- Understanding the body as a soma and how to work from a somatic perspective.
- In-depth study of embodied anatomy and the application to Yoga.

- In-depth study of developmental movement patterns and the application to Yoga.
- Analysis of alignment, postural and therapeutic issues and the application of embodied solutions.
- Enhanced kinaesthetic intelligence and proprioceptive abilities.
- Refined awareness of both physical and subtle body alignment.
- Heightened touch skills and the study of how and when to offer modifications.
- Learning to see with new eyes and offer new solutions.
- Embodying and channelling the voice.
- The use of language as a key teaching tool and presentation skills.
- Embodying compassion and loving-kindness as a self-practice as well as a life practice.
- Comprehensive understanding of the history, philosophy and ethics of Yoga.
- Study of the art of pedagogy in order to be an effective communicator/facilitator.
- Learning to create a safe teaching environment which cultivates trust and permission.
- Multiple teaching practicums: teaching and observing others, giving and receiving feedback.
- Deep self-enquiry and self-renewing learning.
- Understanding Yoga as a multi-faceted life practice.

'The ATTC was infinitely beyond my expectations in every respect. This is quite simply food for the soul, cleverly disguised as a training course. Through this wonderful experience, I really feel that in some fundamental way, I have finally 'come home' to myself.'

ABOUT OUR COURSE TEACHERS

Our faculty is comprised of inspiring, highly trained, dedicated, passionate individuals who were born to teach. Together, we offer you a wealth of knowledge and decades of experience. We have extensive experience leading Teacher Training Programmes both in Ireland and abroad. We meet regularly to assess your progress, learning styles, learning challenges and individual needs. We sincerely want you to get the very most out of our programme.

OUR LEAD TEACHERS ARE:

LISA PETERSEN

Lisa is a qualified Yoga Teacher, Therapist and Somatic Movement Educator based in Ireland. She is the co-teacher on Donna Farhi's Teacher Training, and leads intensives all over the world as well as regular classes and workshops closer to home. Lisa is known for her clarity, presence, humour and passion. Her classes and workshops are innovative and authentic as she guides her students towards personal transformation on and off the mat. She is passionate about finding the balance between being and doing, movement and stillness, strength and fluidity, discipline and freedom. For full details see www.living-yoga.ie or www.somatics.ie.

CHRISTINE HOWITT

Christine Howitt is a Yoga teacher based in Manchester, UK. She is a founder member of Bodywise Alternative Health Centre. She teaches classes and workshops nationally and internationally, as well as working one to one on a therapeutic basis. Christine is part of the Faculty for Yoga Campus North Teacher Training and as well as the Progressive Teacher Training in Dublin. Christine is known and respected for her instinctive approach to teaching and her quiet power as she takes her students on a deep, embodied journey into themselves. For full details see www.christinehowitt.info.

AMY MATTHEWS

Amy co-authored the best-selling book *Yoga Anatomy*. She has been teaching movement since 1994 at her centre The Breathing Project in NYC as well as internationally. Amy leads many different trainings and works privately as a movement therapist and yoga teacher, integrating Laban Movement Analysis, Bartenieff Fundamentals, Yoga, Body-Mind Centering® and Proprioceptive Neuromuscular Facilitation (PNF). Amy's encyclopaedic knowledge and clear, funny, accessible style is a joy to witness. For full details see www.embodiedasana.com.

OTHER FACULTY MEMBERS INCLUDE:

- Dani Gonzalez Ares (www.completebodymovement.ie)
- Helena Walsh (www.actortrainingireland.com)
- Sandra Mc Guffin (Dehi Yoga)
- Gary O'Toole (www.planetaryyoga.com)
- Dr. Donn Brennan (www.ayurveda.ie)

'Lisa is simply superb— seamlessly combining her knowledge of somatics and Yoga in a way that is clear, accessible and engaging. She brings a palpable warmth and enthusiasm into her teaching that is infectious and that encourages even the most timid of students to explore new territory. As a faculty member for my own teacher training programs she has surpassed all my expectations.'

MODULES

MODULE 1

The Breath Body and Yoga
13th-16th February : Fri-Mon inclusive
Lisa Petersen, Christine Howitt and Faculty

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MODULE 2

The Fluid Body and Yoga
14th-17th March - Sat-Tues inclusive
Lisa Petersen and Faculty

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MODULE 3

Organ System
1st-4th May : Fri-Mon inclusive
Christine Howitt, Lisa Petersen and Faculty

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MODULE 4

The Skeletal Body and Yoga 1
29th May- 1st June : Fri-Mon inclusive
Sandra Mc Guffin, Lisa Petersen and Faculty

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MODULE 5

The Skeletal Body and Yoga 2
3rd-6th July : Fri-Mon inclusive
Amy Matthews, Lisa Petersen and Faculty

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MODULE 6

The Muscular and Fascial Body 1
23rd-26th October : Fri-Mon inclusive
Dani Gonzalez Ares, Lisa Petersen and Faculty

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MODULE 7

The Muscular and Fascial Body 2
20th-23rd November Fri-Mon inclusive
Dani Gonzalez Ares, Lisa Petersen and Faculty

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MODULE 8

Vocal System
19th-22nd February : Fri-Mon inclusive
Helena Walsh, Lisa Petersen and Faculty

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MODULE 9

Fluids 2
25th-28th March : Fri-Mon inclusive
Lisa Petersen and Faculty

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MODULE 10

The Nervous Body and Yoga
29th April-2 May : Fri-Mon inclusive
Christine Howitt, Lisa Petersen, and Faculty

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MODULE 11

Integration 1
3rd-6th June : Fri-Mon inclusive
Lisa Petersen and Faculty

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MODULE 12

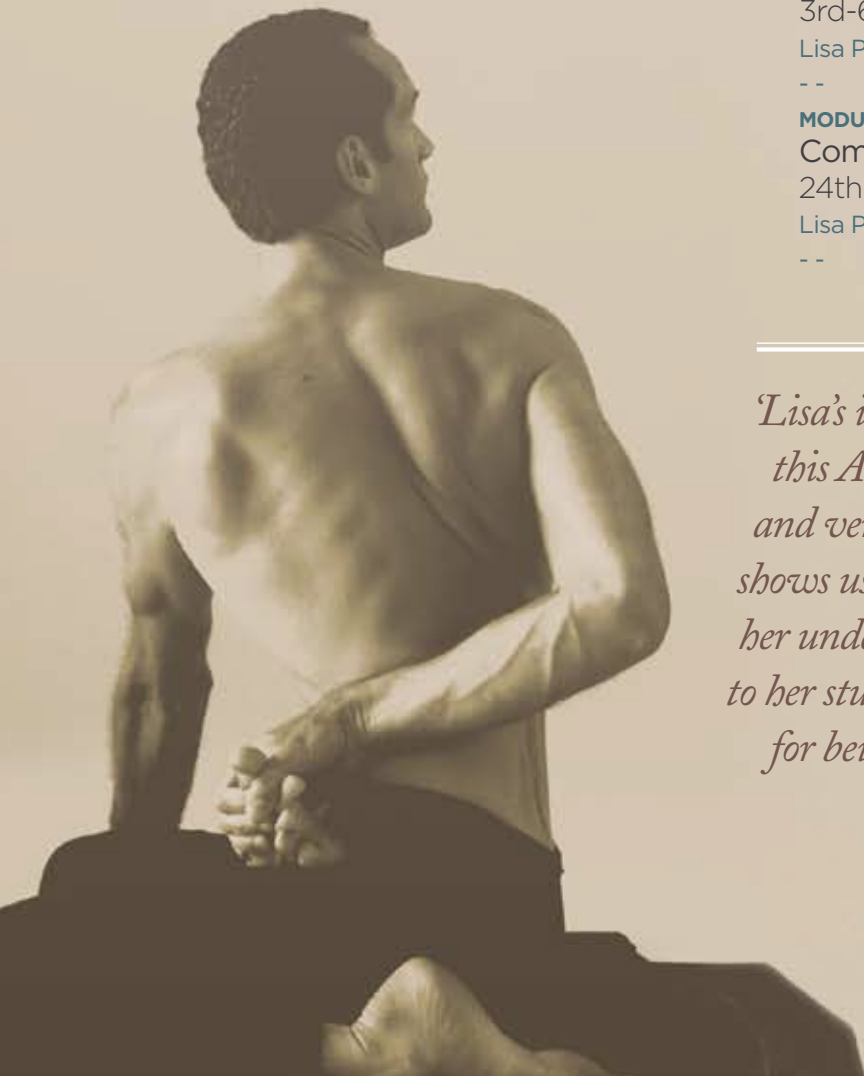
Competency + Integration 2
24th-29th June : Fri-Wed inclusive
Lisa Petersen and Faculty

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'Lisa's intuitive and exquisite mind have made this ATTC to one of the most comprehensive and versatile courses I have ever attended. Lisa shows us what true sharing is, and selflessly offers her undeniable wealth of knowledge and support to her students (as do her co-teachers). I feel blessed for being able to enhance my own knowledge through this amazing course'

— DANI GONZALEZ ARES —

LEAD INSTRUCTOR TRAINER STOTT PILATES, IRELAND



MODULES

MODULE 1

The Breath Body and Yoga

13th-16th February : Fri-Mon inclusive

Lisa Petersen, Christine Howitt and Faculty

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Lisa and Christine draw collectively on a deep well of knowledge and experience that has been cultivated, tried and tested for over 35 years. This module sets the tone for everything that follows. If you only do one, do this one.

Breathing is the simplest way of resourcing and sustaining vital life force energy. It transforms the practice of Yoga into a deep self-renewing process, allowing us access our deepest inner intelligence.

This module will explore how the complex dance of the diaphragms affects Yoga postures. We will study the fundamentals of internal and external respiration and examine how your relationship to the ground, gravity and space profoundly affects your ability to breathe. We will investigate the endlessly adaptive quality of the breath in asana and vinyasa and the therapeutic applications of breathwork as a powerful tool for transformation. This work is life-changing.

MODULE 2

The Fluid Body and Yoga

14th-17th March - Sat-Tues inclusive

Lisa Petersen and Faculty

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This module offers a blueprint or template structure for *all* asana and Yoga practices no matter what tradition we come from. Fluids 1 is the first of two deep dives into the inner oceans of the body. The fluid body is responsible for inner transportation, transformation and communication. By learning to consciously engage our inherent fluidity, we open up more choices and movement potential enabling us to become juicy, liquid, and adaptable.

This module introduces the embodied anatomy of our fluid body and how to apply a fluid awareness to your Yoga. We will focus on the developmental origins of fluid movement and explore how to liberate *prana* and release tension throughout the structure. Our Yoga application will include guided movement enquiry, flowing yoga sequences or vinyasa and a broad range of asana. Prepare to have some fun along the way!

MODULE 3

Organ System

1st-4th May : Fri-Mon inclusive

Christine Howitt, Lisa Petersen and Faculty

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Christine offers us keen and clear insight into the sister sciences of Eastern medicine and Lisa adds her unique articulation and understanding of how our organs support us in Yoga asana.

The organ body is responsible for the primary functions of survival: breathing, nourishing, eliminating, reproducing and relaxing. It is related to vitality, comfort, and authenticity. Organs bring weight, volume and buoyancy to our inner bodies and processes.

This module will explore how to sensitise ourselves to our organ body. We will explore how organic awareness facilitates incredible ease in movement and provides keystone support to the muscular-skeletal body in asana. We will also examine the mind-body link between *manomaya kosha* (the emotional body) and Yoga. Asana application will include an in-depth study of inversions, back-bends and twists. Finally, we will address postural issues arising from lack of organic vitality and awareness.

MODULE 4

The Skeletal Body and Yoga 1

29th May-1st June : Fri-Mon inclusive

Sandra Mc Guffin, Lisa Petersen and Faculty

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MODULE 5

The Skeletal Body and Yoga 2

3rd-6th July : Fri-Mon inclusive

Amy Matthews, Lisa Petersen and Faculty

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Amy Matthews and her encyclopedic knowledge fly in from New York to lead Skeletal 1. Amy's clear, accessible style and palpable intelligence are a joy to be around. Amy's foundational work is supported by Lisa on Skeletal 2, as well as by our resident bones expert Sandra Mc Guffin whose passion for bones is both infectious and inspiring.

The skeletal body is the foundation of support within us. It is responsible for leverage, structural integrity, ease and strength. Our bones are a constant living, growing tissue which are moulded and remoulded by the forces we place on them including our Yoga practice.

These modules explore the support that our bones offer us when we allow them to truly hold us up. We will examine the embryological origins of our bones and the key skeletal partnerships that shape our movement abilities and strengths. We will investigate the fundamental principles of creating refined alignment and how to self-align in any pose. We will also examine how to maintain a calm spine by respecting spinal integrity in asana as well as the use of intelligent counter-posing and modifications.

MODULE 6

The Muscular and Fascial Body 1

23rd-26th October : Fri-Mon inclusive

Dani Gonzalez Ares, Lisa Petersen and Faculty

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MODULE 7

The Muscular and Fascial Body 2

20th-23rd November Fri-Mon inclusive

Dani Gonzalez Ares, Lisa Petersen and Faculty

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We are delighted to welcome our muscles and fascial expert Dani Gonzalez Ares back to co-lead this eight day dive into the power, strength and vulnerability of our hardworking muscles. This module also introduces the cutting-edge practices of Somatic Movement Education (SME) and how to synthesise SME with Yoga asana, as well as exploring how to balance, lengthen, strengthen and create optimum relationships between our muscles.

The muscular body is responsible for heat, locomotion, vitality, power and strength. It is linked to our will, motivation and desire. Our 722 elastic muscles work in concert to manipulate our bones creating a structural web which allows the body function as an integrated whole.

This module will develop our understanding of the co-operative relationship between our muscles. We will explore when we are stretching muscular tissue, rather than fascia, ligaments or tendons and how to know the difference. We will examine the roots of muscular tension from the somatic perspective of whole body reflexes, correct muscular balance and internal alignment. This essential understanding will be applied to a variety of traditional and non-traditional Yoga poses including standing poses, lateral flexion, back-bends, twists and restorative postures.

MODULE 8

Vocal System

19th-22nd February : Fri-Mon inclusive

Helena Walsh, Lisa Petersen and Faculty

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Our voice and presentation coach, Helena Walsh was such a hit on last time around that we've given her four days on her own ! Helena will help you discover your embodied voice and teach you to confidently convey your inner experience.

Voice is one of the most under-recognised, under-valued tools a teacher has. Finding your authentic voice and presence is an invaluable tool for any communicator, whether you are teaching or not. Helena will teach you how to channel the voice, how to effectively use your breathing and the links between the voice and the nervous system. Prepare to be amazed, inspired and moved.

MODULE 9

Fluids 2

25th-28th March : Fri-Mon inclusive

Lisa Petersen and Faculty

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Lisa offers the second of two deep dives into one of her favourite topics. This module offers a new way of being and moving in the world, deftly weaving in the learning you have cultivated so far. We will specifically examine our inner fluid matrix which consists of blood, lymph, cerebrospinal, synovial, interstitial, transitional and cellular fluids. Each of these fluids supports particular movement qualities which we can channel for greater support and ease. By learning to *consciously* engage our inherent fluidity, we open up more choices and movement potential enabling us to become juicy, liquid, and adaptable.

This module continues to explore the embodied anatomy of our fluid body and how to apply that awareness to Yoga. Our Yoga application will include vinyasa, restorative and somatic movement enquiry. This is the first time this material has ever been offered in Ireland and is a must for all anatomy geeks, movers and groovers.

MODULE 10

The Nervous Body and Yoga

29th April-2 May : Fri-Mon inclusive

Christine Howitt, Lisa Petersen, and Faculty

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Lisa and Christine team up again on a much loved and misunderstood theme that they have been exploring and investigating for 35 years. The nervous body is the part of our system that records and stores our perceptions and experiences. Much of this activity occurs unconsciously. The resulting internalisation is woven throughout our mental, emotional, physical and energetic structures. This affects our alignment, balance and flexibility and many other aspects of ourselves.

This module offers cutting edge neuroscience grounded in ancient yogic wisdom. We will explore the anatomy of the brain-body connection as discovered by the original yogis and where that aligns with modern scientific findings. You will experiment with to use your brain to change your body and bring balance to your nervous system. We will also explore what is appropriate practice for ourselves as we evolve and how to design practices for others. This module uses a variety of Yoga postures and practices, traditional and contemporary.

MODULE 11

Integration 1

3rd-6th June : Fri-Mon inclusive

Lisa Petersen and Faculty

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This penultimate module offers a clear structural thread that weaves through all the systems, patterns and practices we have explored so far. Students will be guided and mentored in how to continue to apply and assimilate this transformational learning in a practical setting. Teachers and former students will guide you through sample classes and offer down-to-earth advice distilled from trial and experience. Integration 1 also provides the space and scope for further questions, clarifications and guidance for moving forward. This module is required for anyone who wishes to apply for YA or IYN certification, but is highly advised for all students who wish to integrate and consolidate their experience.

MODULE 12

Competency + Integration 2

24th-29th June : Fri-Wed inclusive

Lisa Petersen and Faculty

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Paradoxically, this was one of our favourite modules last time, amidst tears of joy and sadness. Competency and Integration 2 is a chance to realise how much you have *already* learned and how to put it into practice in a safe, honest, supportive and nurturing environment. The students and faculty teachers co-present this module. Attendance is required for anyone who wishes to apply for YA or IYN certification, but is highly advised for all students who wish to integrate and consolidate their experience.

APPLICATION

HOW TO APPLY

In order to be considered you need to be a graduate yoga teacher (whether you are currently teaching or not), or a dedicated yoga student with a regular personal practice of over 5 years.

Otherwise, all we ask of you is.....

- Enthusiasm to learn
- Innate curiosity
- A sense of humour
- An open mind and openhearted love of yoga.

Applications may be submitted by contacting info@living-yoga.ie. While we hope we've answered your questions, please feel free to mail us with any queries, or to work out a modular plan that best suits your needs, budget and interests. We are happy to assist you with accommodation, travel and other logistics queries.

COURSE LOCATION

Yoga Dublin at Vedas
19 Lower George's Street
Dun Laoghaire
County Dublin

COURSE TIMES

10.00-13.00 and 14.30-17.30 every day.
Registration at 09.30 on the morning of each module.

COURSE FEES

Course Fees are non-refundable and include all tuition, mentoring, module manuals and extensive course materials. The course fees work on a sliding scale. The more modules you attend, the lower the price.

The first four modules you participate in will cost you €400 each. The next four will cost you €350 each. The following three will cost you €300 each. The final module is a longer one and will cost €450.

For example, Student A does 5 Modules in total, paying a total of 4 x €400, and 1 x €350. Student B participates in 9 modules paying a total of 4 x €400, 4 x €350, and 1 x €300.

Total sum if applying for IYN 500 accreditation is €4,350 with an Early Bird price of €3,950 due by December 1st, 2014. Total sum if applying for YA 500 accreditation is €4050 with an Early Bird price of €3,700 due by December 1st, 2014.

Or any total from €400 upwards depending on your time, interest, budget and schedule! If you

are not availing of the Early Bird, course fees for each individual module are payable two months in advance of the module start date. Our students tell us that the flexible nature of the participation and payments has been invaluable in enabling them to complete the course.

ENROLMENT AND APPLICATION

Please contact info@living-yoga.ie for an application form. There is no deadline for final applications, but you are advised to apply early. An application fee of €150 euros must accompany each application. This fee will be deducted off your first module or refunded if you are not accepted.

ASSESSMENT

There are no course exams.

CERTIFICATION

The modules on this course can be combined in different ways. The course is eligible for a 300 hour YA certification (264 contact hours which requires completion of 11 modules) for those that already hold a 200 hour YA qualification, and wish to gain a 500 hour certification.

The course is also independently certified by a 500 hour Independent Yoga Network qualification (360 contact hours which requires completion of 12 modules, plus 10 additional elective days). For those students wishing to receive either accreditation modules 11 and 12 are obligatory.

For students not seeking accreditation, Living Yoga Certificates of Completion will be awarded for each weekend.

Please contact info@living-yoga.ie if you have any queries.

TESTIMONIALS

'This training has been life changing. It has given me the tools in need to dive deeper into myself. Each module was so rich and deep, each building and interweaving beautifully with the other. I am changed, this work penetrates your soul, it's that deep. If you are even a little bit curious about who you are, how you move, and what you're capable of, this training is for you. It's an amazing gift'.

SANDRA MC GUFFIN, YOGA TEACHER

'The ATTC was infinitely beyond my expectations in every respect. This is quite simply food for the soul, cleverly disguised as a training course. So thank you to all of you for making this one of the most enjoyable, enlightening and nourishing experiences of my life! Through this wonderful experience, I really feel that in some fundamental way, I have finally 'come home' to myself.'

AINE FORTUNE, YOGA TEACHER

'I had an amazing and metamorphosing experience with Lisa Petersen's Advanced Teacher Training. I am recommending the training from the bottom of my heart to all yoginis willing to deepen their practice and give it a more human / "heartful" dimension...'

ANNE-SOPHIE CAPIELLO, PSYCHOTHERAPIST AND CHILDREN'S YOGA TEACHER

'This training is a prolific immersion of contemporary anatomy and the human body's relationship to the universe as a whole. Those with passion for Yoga or any aspect of the human body and mind's architecture will reap in abundance, being inspired and challenged in all or any of the modules offered amid its faculty of passionate international teachers, all of whom conduct ongoing research and investigation in their individual field of expertise'

CLARE O'CONNOR, ANTHROPOLOGIST AND YOGA TEACHER

'The course provided me with movement maps, solid anatomical information and an accepting environment in which to explore my embodied self'.

TRISH HAUGH, FELDENKRAIS TEACHER AND PSYCHOTHERAPIST

'It is amazing how the body and the mind absorbs the information and releases it bit by bit as time passes. I felt the course has brought a lot of clarity to my practice'.

KATHERINE SMITS, YOGA TEACHER

'Lisa Petersen brings a depth and sincerity to her classes that is the result of her commitment to both the practice and teaching of Yoga.'

DONNA FARHI, AUTHOR OF YOGA MIND, BODY & SPIRIT AND BRINGING YOGA TO LIFE

'Lisa has a way of not just teaching and sharing her knowledge, but totally embodying the principles she teaches. It is clear she has a deep intellectual understanding of what she is teaching, but the beauty is that she can share that knowledge in many different ways, making it accessible to everyone. When I watch her demonstrate, something is ignited deep within me and all the information aligns.'

ANNA JAKES, NZ

'Lisa radiates an immediate warmth to the students in the room. I was captured right away by her ability to engage her students, her intelligence of the human body, her ability to make anatomy fascinating, her passion for yoga, her infectious laugh, her humour. Everything about her feels very natural and real'

KATHRYN TURNBULL, CANADA

'Christine embodies a wonderful combination of tenderness, strength and beauty in movement. As a teacher, she generously shares the deep insight and understanding which she has developed through her dedication to yoga and shiatsu. I, and many other students, have flourished through her boundless attention, creativity and kindness.'

~ DR. GABY PORTER, MANCHESTER

'Lisa's clear, loving, and often humorous approach to teaching allowed my body and mind to relax into receiving and feeling concepts and knowledge that I had struggled with in the past. She is a master at turning anatomical and yogic theory into a felt sense of practice.'

SAM LOE, NZ

'Lisa is pure inspiration when it comes to learning how to teach yoga. With a vast fund of knowledge in the yoga science and a natural eye for detail, her love for giving knowledge to others shines through her character in every word and every exchange.'

ANANDA HAESSNER, NZ

TESTIMONIALS

'Lisa has deep insight into the bodymind and a way of bringing one back to what we are doing - the essence of yoga rather than the range of movement. She directs her student to intimately know themselves and understand how to heal and grow through the practice of yoga.'

PAUL BETESH, UK

'Lisa's instruction took me to places that I have never been able to go before. She opened my world to think beyond the confines of traditional teachings and took my teaching to a higher level.'

JESSICA BARNES, US

'There are two things people say after attending a Lisa Petersen workshop. One, is that there is no-one like her. And secondly, that she's the best yoga teacher they ever had. Lisa honours the body and helps you get in touch with it. But it's never just about the body; about how far you can bend, how much you can stretch. It's about the spirit. It's about emotions. It's about healing and integrating the body, spirit, mind and heart. All done in a gentle and unobtrusive way, with a lot of laughs.'

NOLLAIG NI MHAOLAINN, DUBLIN

'Lisa is a rare teacher in these days of shrink-wrapped knowledge imparted in a one size fits all way. Her methods ensures each student experiences the learnings from the inside out, from a deeply felt sense as you know she teaches from that same place in herself. You only have to watch her move to see that she has incorporated all her learnings into every breath and movement with effortless integrity. She is quite literally poetry in motion'.

KATRINA HILTON

'Lisa's natural passion, interest, reverence, humility and compassion for the teaching of yoga is clearly evident in the immense preparation, clarity of presentation and inquisitive approach to the study and practice. Her grace and dignity are warmly shared, opening an exciting understanding of the body dynamics that inform all our movement and expressions of movement in time and space. She is personable, kind, warm, professional and clear.'

KATHLEEN GISHO, NEW ZEALAND

'Lisa combines an inspiring curiosity about movement and learning with a natural ability to pass on the knowledge she has gained in her pursuit and to instill the same curiosity in her students. I came away from her lessons, both theoretical and practical, with a new understanding about how to move with ease and grace and to incorporate this into my yoga practice.'

LEA MAHER, NZ

'Lisa synthesizes an open heart with extensive knowledge of yoga, somatics, movement therapy, and bad Irish jokes. She is highly skilled at unpacking complex ideas about how human movement happens and traces this development from conception through to footstep while showing her students how to use their own body as the ground for their exploration. In a nutshell, you might say Lisa "does" somatic empiricism. And bad Irish jokes.'

ANNA-MARIE LARSEN, GHANA & CANADA

'I appreciate Lisa's style of teaching very much, I found her as a kind, very attentive and authentic teacher who displayed a great sense of humour. Her warm calming voice and clear instructions made it easy to join into the awareness of the body when the eyes were closed in inquiries. I found myself very nervous having to demonstrate a posture in front of the group and Lisa helped me through with her understanding, soothing and considerate presence. That gave me a lot more confidence and self-belief during demonstrations. I would not hesitate to join another training course with 'her'.

SANDRA DIETINGER, AUSTRIA

'Lisa, you have had such a positive impact on my teaching. I loved your fun happy spirit, and that you created a very safe and joyous container for me to learn. Your deep understanding of the work you presented was outstanding and your beautiful voice and descriptive imagery paved the way for a deeper understanding for me of the practice'.

YVETTE KEDDIE, AUSTRALIA