




LIVING YOGA
ADVANCED TEACHER TRAINING

WITH LISA PETERSEN AND FACULTY



The Living Yoga Advanced Teacher Training is led by
Lisa Petersen and faculty.

ABOUT THE TRAINING

This training traces how human movement is evolving. It explores the inner blueprints that allow us move with ease, grace, poise, strength and balance. It weaves these origins of alignment into embodied asana and Yoga as a life practice. It offers a practical and accessible tool-kit for transformation where we seek to make the mind embodied and the body mindful.

We welcome qualified teachers from all traditions and dedicated students of Yoga who wish to deepen their practice.

'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 on my own teacher training, she has surpassed all my expectations.'

– Donna Farhi

A group of people are practicing yoga in a studio. They are in various poses, some sitting on the floor, some standing. The background is a warm, orange-toned image of the same group, creating a layered effect.

COURSE CONTENT

The LYATT includes the study of asana, vinyasa, pranayama, meditation and restorative Yoga.

The learning is supported by somatic movement education, experiential anatomy and physiology, subtle body anatomy, developmental movement patterns, functional movement, neuroscience, voice-work, lifestyle and ethics for yoga teachers, and teaching methodology. We map this knowledge directly and practically onto the practice of Yoga and teach you how to move, practice and teach from this storehouse of wisdom.

OUR ETHOS

We respect and value all traditional schools and teaching while embracing modern masters and the continuing innovation and creativity that has allowed Yoga to evolve and grow.

In this practice, we use our bodies, minds and spirits as living laboratories. They help us engage in a personal investigation of what it means to be a fully alive human being.

We use the kosha model as described in the Taittirīya Upanishad to support the full continuum of your learning and development.

We believe that a great yoga teacher is a truly unique blend of explorer, seeker, artist, scientist, guide and educator. This training seeks to cultivate your unique, individual presence, voice, style and expression.

Our teaching methodology is grounded in a pedagogic model that values curiosity, enquiry, innovation, adaptability and exploration.

It is our mission to develop highly skilled, intuitive, educated, professional Yoga teachers where self-enquiry, self-trust and self-care are paramount.

A background image showing a group of people in a yoga studio. They are in various poses, some sitting on mats, some standing. The image is faded and has a warm, orange-toned overlay.

ABOUT OUR COURSE TEACHERS

Our faculty is comprised of inspiring, highly trained, dedicated, passionate individuals.

Lisa Petersen

Lisa is the founder of Living Yoga and the lead teacher on the LYATT. She has studied Yoga extensively with Donna Farhi and co-taught Farhi's 2013 and 2015 Advanced Teacher Training. Lisa is known for her clarity, presence, humour and passion. Her work is richly informed by Body-Mind Centering®. She offers workshops in Yoga, somatic movement and experiential anatomy internationally.

www.living-yoga.ie

Christine Howitt

Christine is a Yoga teacher and shiatsu practitioner. She is a founder member of Bodywyse Alternative Health Centre. She 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.

www.christinehowitt.info

Dani Gonzalez Ares

Dani has been involved in mind-body movement systems since 2001. She teaches Yoga, Stott pilates, gyrotonic, zenga, and fascial movement among others. Dani offers training and workshops worldwide and owns her own studio in Dublin. Her speciality on a physical level is in exploring the muscular and fascial systems.

www.completebodymovement.ie

Sandra McGuffin

Sandra McGuffin is a Yoga Teacher and long-term student of embodied anatomy and Body-Mind Centering®. Sandra's Yoga journey took her on a path of deep self study. Her passion for anatomy is insightful and infectious. She shares her knowledge and experience in an authentic and easily accessible way.

COURSE DETAILS

Living Yoga Advanced Teacher Training (LYATT) 350 | 2019-2020

MODULE 1	Teaching Methodology and Introduction
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Saturday 12 - Sunday 13 January 2019

MODULE 2	The Breathing Body
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Saturday 16 - Tuesday 19 February 2019

MODULE 3	The Fluid Body
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Friday 15 - Monday 18 March 2019

MODULE 4	The Organ Body
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Thursday 25 - Sunday 28 April 2019

MODULE 5	The Skeletal Body 1
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Saturday 27 July - Tuesday 30 July 2019

MODULE 6	The Skeletal Body 2
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Wednesday 31 July (half day) - Sunday 4 August (half day)

MODULE 7	The Muscular and Connective Tissue Body 1
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Saturday 26 - Tuesday 29 October 2019

MODULE 8	The Muscular and Connective Tissue Body 2
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Wednesday 30 October (half day) - Sunday 3 November 2019 (half day)

MODULE 9	Integration
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Saturday 15 - Thursday 20 February 2020

VENUE

Loreto Abbey, Dalkey, County Dublin.

ELIGIBILITY

In order to apply you need to be a qualified Yoga teacher or dedicated Yoga student. Otherwise, all we ask of you is...enthusiasm to learn, innate curiosity, a sense of humour, an open mind and openhearted love of Yoga.

FEES

LYATT 350/36 full days training	€ 3,950
Early bird by 30 September 2018	€ 3,600
4 day individual modules	€ 500 each

WHAT TO DO NEXT?

1. Contact Áine our Training Co-ordinator at info@living-yoga.ie to register your interest and request an application form.
2. Check out Lisa's online classes on ekhartyoga.com.
3. See the workshops page on www.living-yoga.ie for upcoming events in your locality.

QUALIFICATION AND CERTIFICATION

The LYATT 350 is certified by Living Yoga and accredited by Yoga Alliance Professionals.

ADDITIONAL STUDIES

We offer 150 hours of additional professional development modules. The 350 + 150 hours accumulates to 500 hours training certified by Living Yoga and accredited by the Independent Yoga Network (IYN). Contact info@living-yoga.ie for full details.