



Ashtanga Training

with Jennifer Pierotti, RYT 500, E-RYT 200

The 91 Hour Certificate of Specialized Training in Ashtanga includes:

The Ashtanga Workshop Series:

Introduction to Ashtanga

Sunday, March 17, 1:00 – 4:00, \$45

Ashtanga Fundamentals I

Sunday, April 13, 1:00 – 5:00 pm, \$60

Ashtanga Fundamentals II

Sunday, April 14, 1:00 – 5:00 pm, \$60

The Art of Ashtanga Adjustments

Saturday, April 20, 1:00 – 5:00 pm, \$60

Teaching Ashtanga Yoga

Sunday, April 21, 1:00 – 5:00 pm, \$60

Apprenticeship with Jennifer:

32 hours of assisting in Ashtanga Mysore (2 hours each) - \$240

8 hours of mentoring meetings (30 minutes each) - \$200

32 hours of class attendance with Jennifer - \$192

**Reserve your space! Space is limited.
Registration is open until March 11, 2013.**

Jennifer Pierotti learned the Ashtanga system during her in-depth training with Sonya Cottle for her 500 hour training at YogaWorks. Her energetic and interactive teaching style is inspiring, motivating and fun! Under her skillful guidance, this training will give you a comprehensive education in this dynamic system of breath and movement. You will learn:

- The historical background and theory of Ashtanga Yoga
- The remarkable benefits of a regular Ashtanga practice
- An understanding of the components of the opening, closing and primary series
- How to teach modifications for the opening, closing and primary series, based on individual needs
- How to perform safe and effective hands-on adjustments

