

# ASSISTING INTENSIVE

*Weekend at a glance*

March 7-9 | \$255

Join the Cleveland Yoga Assisting Intensive Weekend with Scott Supler & Tami Schneider, renowned yoga trainers and alignment specialists.

Friday	5-8pm
Saturday	12:30-6pm
Sunday	11:30-4pm

# The details

This hands-on workshop will elevate your assisting skills and expand your confidence in offering meaningful, healing adjustments..

Over the course of 13 immersive hours, you'll gain:

- New knowledge of anatomy and alignment principles.
- Techniques to enhance your students' experience through physical assists.
- Communication tools to provide adjustments with clarity, confidence, and compassion

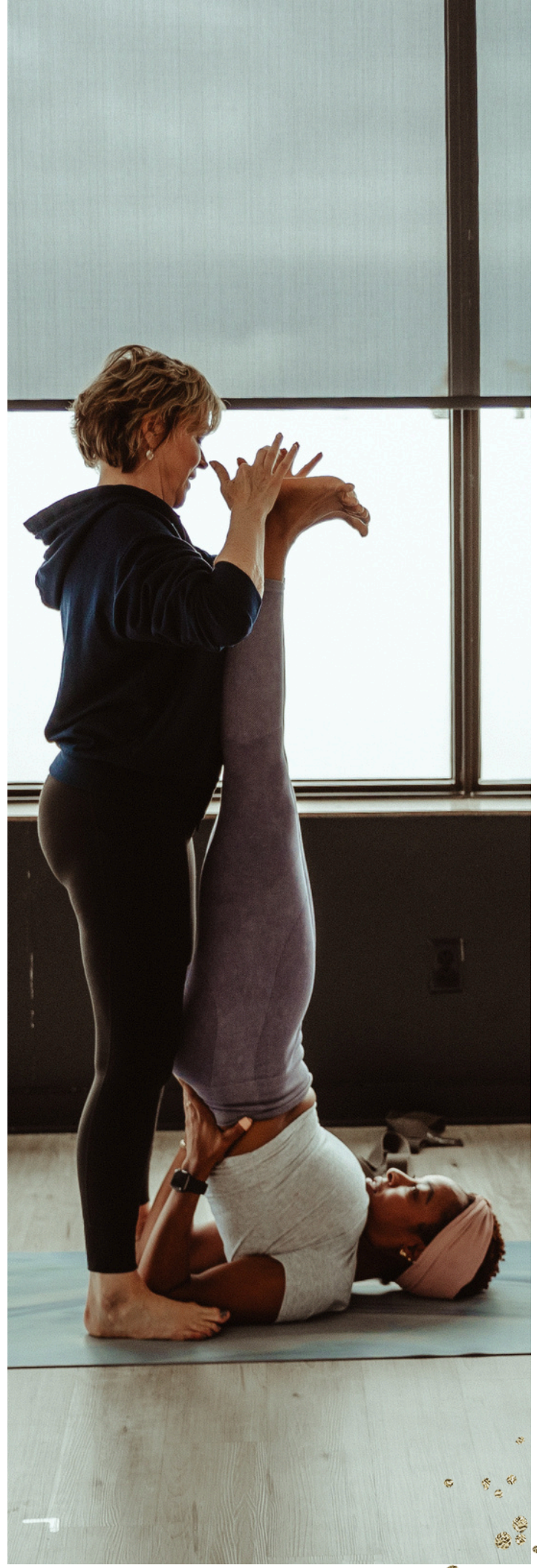
## What you'll learn

- How hands-on assists can improve alignment, reduce stress, promote healing, and support overall wellbeing.
- Practical methods you can apply immediately to empower, stabilize, and inspire your students.

## Who should attend?

- 200-hour yoga training certificate holders
- Any yoga practitioners looking to enhance their practice skills and body awareness.

Teaching experience is recommended but optional to participate in this weekend program. Certified Yoga Teachers, you can use this weekend session as a 21-hour Yoga Alliance Continuing Education Credit.







# Course Agenda

CREATE AND DISTRIBUTE AN INTERACTIVE ESL LEARNING APP FOR YOUNGER LEARNERS.

## Friday Evening: The Basics

5:00 PM - 8:00 PM

- **Foundations of Assisting:** Types of touch, types of assists, and how True North Alignment principles enhance your assists.
- **Tadasana in Focus:** Exploring the 4 views of Tadasana—assisting through intention, balance in action, breath & drishti, and body integration (energy communication).
- **Practical Application:** Assisting techniques for Integration, Forward Bends, Hips, and Savasana.

## Saturday: Confidence & Communication

12:30 PM - 6:00 PM

- **Foundations of Assisting:** Types of touch, types of assists, and how True North Alignment principles enhance your assists.
- **Tadasana in Focus:** Exploring the 4 views of Tadasana—assisting through intention, balance in action, breath & drishti, and body integration (energy communication).
- **Practical Application:** Assisting techniques for Integration, Forward Bends, Hips, and Savasana.

## Saturday: Confidence & Communication

(cont'd) | 12:30 PM - 6:00 PM

- **Non-Hand Assists:** Guiding students through verbal, energetic, and spatial cues.
- **Creative Assisting:** Adapting your approach based on what you observe in the moment.

## Sunday: Communication & Empowerment

11:30 PM - 4:00 PM

- **Global Awareness:** Learning to read your students' bodies for optimal support.
- **Interactive Practice:**
  - Work in two groups to integrate everything you've learned.
  - Each group leads a 40-minute class, alternating between practicing and assisting.
  - Conclude with 15-minute feedback sessions to refine skills.