

TEACHER TRAINING WITH JACQUELENE SADEK

AT BODYTREE STUDIO
50 HOUR ASANA | NOVEMBER 2019



"The study of Asana is not about mastering posture. It is about using posture to understand and transform yourself."

– B.K.S. Iyengar

Asana should be steady and comfortable including our "seat" in the world Yoga-Sutra Sadhana Pada 2;46. An effective yoga practice or class requires intuition purpose and function.

In this 50 hour Asana training you will explore safe and structured sequencing of Asana and how to incorporate the Eight Limbs of Yoga; Chakras (vortexes of energy), Doshas (faults or impurities), Gunas (attributes) Seasons (Summer, Autumn, Winter Spring) Moon Cycles (New Full and Eclipses) Planets; Astrology and Elements (Earth, Metal, Water, Wood, Fire) as well as common and specific conditions or ailments that create dis-ease within the body mind and spirit.

We will incorporate various styles of Yoga – Hatha, Yin, Kundalini, Therapeutic and Restorative. This is a practical training to guide students and teachers ways to intuit the language of the body empowering each individual in organically healing the body which is the barometer to the soul.

Price: 3,640 AED

Early Bird: 10% off if paid in full by November 3rd

COURSE BREAKDOWN

Attendance at Bodytree Studio, Abu Dhabi

50 hours

Self study and Assignments: **13 hours**

Exam: **2 hours**

Attendance: **35 hours**

Students will receive a manual and certificate.

BODYTREE COURSE DATES

Fridays & Saturdays

November 22nd – 30th

Time: 9am – 5pm

ELIGIBILITY

Open to anyone seeking a deeper understanding of their yoga practice as well as teachers wanting to broaden their understanding of Asana beyond the physical and evolve in their teaching styles and principles to inject fresh energy vitality and healing into a class format.

ABOUT JACQUELENE

Jacqueline Sadek (500ERYT) is a senior yoga teacher at Bodytree. She trained with a traditional Indian Hatha yoga teacher, Shanti Gowans from The Meditation Institute from 1998–2001. She then undertook further international training with Samadhi Yoga, Simon Low (Yoga Academy UK) and Kathryn McCusker in Hatha, Yin and Kundalini yoga.

Prior registration and payment are recommended to secure your space.

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Price includes 5% VAT

