

# Native Yoga Immersion



200 ~ 300 ~ 500 hr Teacher Trainings

with **Todd & Tamara McLaughlin, ERYT, LMT**

Friday, February 3rd - Sunday, February 5th, 2012

Peace

Tranquility

Heat

Strength

Focus

Contemplation

Equanimity

Balance

Concentrate

Intention

Determination

Structure

Meditate

Relax



## Workshop Schedule

### Friday, February 3rd

6pm-9pm

Foundation of Native Yoga w/ Todd

This first session serves as the introduction to the Native Yoga Immersion Training. The evening will include yoga theory with the theme "Health Beyond Posture" and orientation with the texts that will serve as the basis for the immersion.

### Saturday, February 4th

12pm-3pm

Technique of Native Yoga w/ Tamara

Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice.

### Saturday, February 4th

4pm-7pm

The Yogic Code - Yama and Niyama w/ Todd

In this session explore the first two limbs of Ashtanga Yoga. Further your awareness of anatomical movement terminology. Inspirational Master class practice of posture, breath and meditation.

### Sunday, February 5th

12pm-3pm

Define your Intentions w/ Todd

Develop your understanding of anatomy and its role in your practice. Group Philosophy discussion. Develop your focus through Yoga Practice and Workshop.

### Sunday, February 5th

4pm - 7pm

Technique of Native Yoga w/ Tamara

An in depth look at the technique and alignment principles of Native Yoga. Fine tune your awareness of the subtle and explore the intricacy of simplicity in movement.

For more information about Todd & Tamara visit

[www.nativeyogacenter.com](http://www.nativeyogacenter.com)



Register today by contacting

**Native Yoga Center**

833 Donald Ross Rd

Juno Beach, Florida 3340

[www.nativeyogacenter.com](http://www.nativeyogacenter.com)



Registered Yoga School

Three options for payment:

A - Full certification weekend -  
17 YA hrs - \$312

B - 3 of the Immersion sessions -  
9 YA hrs - \$171

C - Individual sessions -  
3 YA hrs - \$60