

# Native Yoga Immersion

200 ~ 300 ~ 500 hr Teacher Trainings

with Todd & Tamara McLaughlin, ERYT, LMT

Friday, March 5th - Sunday, March 7th, 2021

Peace

Tranquility

Heat

Strength

Focus

Contemplation

Equanimity

Balance

Concentrate

Intention

Determination

Structure

Meditate

Relax



For more information 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

## Workshop Schedule ~ Cow

### Friday, March 5th

6pm-9pm

#### Vinyasa Flow Master Class w/ Todd

Study the functional anatomy in yoga posture. This workshop will incorporate an asana class designed to challenge and inspire woven together with philosophical discussion entitled "Why Study Philosophy?"

### Saturday, March 6th

12pm-3pm

#### Adjustment Clinic: Seated Poses of Native Yoga ~ Learn the Art of Hands On Assists

Continued w/ Todd This session is partnered with Anatomy study and a Group philosophy discussion.

### Saturday, March 6th

4pm-7pm

#### Technique of Vinyasa Yoga (Part I) w/ Tamara

An in depth look at the Technique and Alignment Principles of Foundational Yoga. Fine tune your awareness of asana, alignment, modifications and adjustments.

### Sunday, March 7th

12pm-3pm

#### Technique of Vinyasa Yoga (Part II) w/ Tamara.

Practice the skill of verbal delivery of postures and practice of hands on adjustments\* \*must have attended to Part I (saturday) to attend.

### Sunday, March 7th

4pm - 7pm

#### Meditation - Theory, Techniques and Practice

w/ Todd. Learn techniques that will transform your movement practice into a meditation practice. Anatomy of Posture session with a Yoga Sutra study of the 7th Limb, Dhyana.

Multiple options for payment:

RYT200 w/ 44 Classes \$2950

RYT300 w/ 64 Classes \$4200

CE Individual sessions - \$60

Visit website for details or call 561-296-7996