

Continuing Education for Yoga Teachers & Yoga Teachers in Training

Gudmestad Yoga has been sharing yoga with the Portland community for over 30 years. Julie Gudmestad, Physical Therapist, Certified Iyengar Yoga Instructor and founder of Gudmestad Yoga has dedicated her career to combining the practice of yoga with the knowledge and benefits of physical therapy.

Yoga alliance Continuing Ed credit available.



WE ARE EXCITED to be offering 3 Continuing Education classes for Yoga Teachers and Yoga Teachers in Training this fall. This fall Julie, Hope and Laila will be teaching the classes. Enrollment is available online at gudmestadyoga.com/continuing_ed or by calling the studio at 503-223-8157.

Each class is worth 3 CE credits through the Yoga Alliance.

Preparing Students for Backbends with Julie Gudmestad, PT

Sunday, October 8, 2017 3:00pm - 6:00pm \$65 ea (Bundled: all 3 for \$180)

Study the art of sequencing as you prepare your students to open the body for backbends. Some applied anatomy will be covered, with a focus on joints and muscles essential to these challenging poses.

3 CE Credits with the Yoga Alliance



Teaching Yoga to Beginners with Hope Fyfield, PT

Sunday, November 5, 2017 3:00pm - 6:00pm \$65 ea (Bundled: all 3 for \$180)

Teaching yoga is challenging, rewarding and joyful. These feelings are magnified when the students are brand new, and the teacher's responsibility is equally magnified...

Join us for a class designed to give you more confidence with the brand-new student, both with a whole class of beginners and with helping a new student join your existing class. A mix of participatory lecture and asana practice will provide you with the tools to joyfully and safely assist the new student in the first steps along a lifetime path to the many rewards of yoga.

3 CE Credits with the Yoga Alliance



Getting Your Students Safely into Inversions with Laila Deardorff, PT

Sunday, December 10, 2017 3:00pm - 6:00pm \$65 ea (Bundled: all 3 for \$180)

Inversions have many benefits, but they also come with some risks. In this 3-hour workshop, we will look at the anatomy of 4 foundational inversions: handstand, forearm balance, headstand and shoulderstand.

Do you know enough to keep your students safe in these poses, including inversion preparation and appropriate sequencing? Come join Laila and find out.

3 CE Credits with the the Yoga Alliance



CALL OR EMAIL NOW to reserve your spot in this Fall Continuing Education series, limited spaces are available. You must currently be a yoga teacher or be enrolled in a yoga teacher training program to attend.

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To register, please fill out this form and mail with your payment to:

REGISTRATION FORM

Class Title	Date	Cost
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I've included my payment for \$ _____

Please send full payment with this form to the address below. Make checks payable to Gudmestad & Assoc. OR you can register and pay online at www.gudmestadyoga.com/payment and send us an email to info@gudmestadyoga.com letting us know which class(es) you want to be enrolled in to confirm you are enrolled in the correct class(es).

Name: _____ Phone: _____

Email: _____ Where do you teach? _____

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