

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, E-RYT 500 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 4 Continuing Education classes for Yoga Teachers and Yoga Teachers in Training this spring. Julie, Laila, Rachel and Hope will be teaching these 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.

Body Mechanics for Teachers with Julie Gudmestad, PT, E-RYT 500

Sunday, March 17, 2019 3:00pm - 6:00pm \$65 ea (Bundled: all 4 for \$240)

Protect yourself and your students from common injuries and strains. We'll discuss gravity's effects on the body and how certain positions put leverage and strenuous loads on the spine and other joints. Then we'll work on poses and teaching techniques so teachers can use proper body mechanics as they demonstrate and adjust students.



Teaching Vinyasa to Beginners with Laila Deardorff, MSPT

Sunday, April 28, 2019 3:00pm - 6:00pm \$65 ea (Bundled: all 4 for \$240)

Vinyasa has become a very popular style of yoga in the last decade that requires significant flexibility and strength, which many beginner students do not have. When beginner students start with this type of a practice they may suffer injuries and miss out on learning proper alignment to help prevent such injuries in the future.

As a teacher, if you like practicing/teaching a more flow-like practice and want to explore more ways to share this with your beginning students, then this workshop is for you. Laila will show you ways you can work with the flow of the movement and the breath in ways that are accessible to beginners. In this workshop, we will work with some basic flows and learn ways to modify Sun Salutations with the use of props and pose modifications.



Teaching from the Heart with Rachel Lundberg, E-RYT 500

Sunday, May 19, 2019 3:00pm - 6:00pm \$65 ea (Bundled: all 4 for \$240)

How do we develop our own voice and style as a teacher in a way that feels authentic to us? When we teach from our heart (our authenticity), it is a true act of service to our students. Learn about the science of heart/brain coherence, meditation techniques and breath work in this heart centered workshop. Our personal development and authenticity is the best platform to share our teachings and allow true shifts for our students.

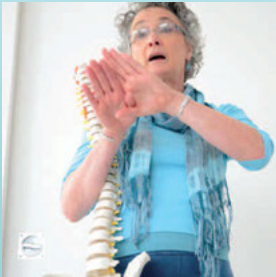
This workshop will include group work as well as peer teaching opportunities. A true invitation for expansion, growth, and community as teachers who desire to show up authentically for those we serve.



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Restorative for Beginners with Hope Fyfield, PT

Sunday, June 23, 2019 3:00pm - 6:00pm \$65 ea (Bundled: all 4 for \$240)

The value of a restorative practice is well known, but the poses can be difficult for the beginner dealing with joint and muscle tightness. This difficulty is magnified by various injuries or chronic conditions. Come learn how to make deep restful restorative poses accessible to the beginner. Class will include lecture, practice and discussion of various challenges to the teacher, from tight bodies to restless minds to not enough props.

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CALL OR EMAIL NOW to reserve your spot in this Spring 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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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 and to confirm you are enrolled in the correct class(es).

Name: _____ Phone: _____

Email: _____ Where do you teach? _____

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