

CREATIVE SEQUENCING CONTINUING EDUCATION 15 hour



15HR CREATIVE SEQUENCING CONTINUING EDUCATION

WHAT?

This training will investigate Vinyasa sequencing as a creative practice, supplying the teacher with tools to create imaginative, dynamic, and intelligent classes.

HOW?

This training explores the creative side of vinyasa yoga sequencing. We will explore the framework of the vinyasa practice and how we use that framework as scaffolding to create sequences and flows that are imaginative, dynamic, and intelligent. We will explore themes, storytelling, structure, physicality, language, and music, giving you the tools to let your creativity flow.

WHERE?

Yagoy de Pijp | Karel du Jardinstraat 33

WHEN?

Saturday & Sunday
14 & 15 September | 8.30 - 17.00

FOR WHO?

This continuing education module is for yoga teachers who have completed their 200-hour training and are curious about how to bring something new to their teaching. Whether it is creating sequences that express your unique voice, playing with new ways of moving and flowing, or learning how to surprise yourself, this training aims to spark inspiration as you build your classes.

*This module qualifies for 15 hours of Continuing Education credits with Yoga Alliance.

WITH?

Gretchen Garnett, E-RYT 200 & YACEP

PRICE?

220€

SIGN UP NOW AT [YAGOY.NL](https://yagoy.nl)

