

Whitman Wellness School of Yoga
900 Hour Yoga Mastery Program

Faculty: Lee-Ann Trigler

Overview:

Begin this mastery with a description of yoga therapy and its purpose. From there we will immerse into the expectations of private yoga clients and yoga therapists. We will view and put into practice the intake forms for clients, exploring how to identify physical, emotional, mental and spiritual imbalances.

We then will be developing an understanding of body and mind integration with the kosas. Time will be spent introducing yoga therapy tools and skills, along with the basic principles of therapeutic relationships. Working with each other will be a main focus in developing the skills necessary to implement the knowledge learned about yoga therapy and Wellness Tune-Up.

Learning Outcomes:

- Develop yoga therapy tools and therapeutic skills.
- Acquire knowledge of the basic principle of the therapeutic relationship.
- Acquire knowledge of principles and skills in working with groups
- Learn how to develop and implement a mentor practicum for providing yoga therapy
- Obtain knowledge into the ethical principles, legal, regulatory, and business issues of yoga therapy.

Total Hours: 16+

Expectation:

At the completion of this weekend student will have gain knowledge and experiential practice for working with clients, groups, and diverse population.

Course Organization:

Course will be didactic, experiential working with each other to create a confidence in ability for working with the public.

Course Materials:

Power Point, handouts students working with each other

Faculty Bio: Lee-Ann is a business owner, a happily married woman since 1974, a dedicated mother of 3 children, and 3 grandchildren, and a sincere learner in the lessons of life. She is co owner of Whitman Wellness Center which opened its doors in 2010. Previously she owned and operated the Hanson Holistic Center for 12 years. Lee-Ann discovered her passion for teaching in the educational system as a certified secondary teacher. She continues to share her passion with yoga students at the Whitman Wellness Center and has been teaching Yoga since 1997.

A Yoga Therapist and Instructor of Teachers at Whitman Wellness School of Yoga, Lee-Ann instructs both at the 200 Hour Yoga Training, 300 Hour Advanced Yoga Training and 900 Hour Yoga Mastery Certification.

