

# *Seasonal Yoga*



– ONE YEAR TRAINING 2018-2019 Uppsala –

Seasonal Yoga is centered around the gentle and flowing practice of hatha yoga (physical yoga) which is also adapted to the changing energy of the seasons. After attending 200 hours of training you can apply for an International Certification through Yoga alliance.

# ONE YEAR TRAINING - Seasonal Yoga 2018 - 2019

This unique Yoga Training unites our human nature with the beautiful nature we are part of. Yoga strengthens and relaxes the body as well as the mind. During the training, you will deepen your knowledge of many aspects of yoga, including history, philosophy, anatomy, physiology, energy and nutrition. You will also learn to work with Chi Kung and other traditions based on the concept of energy. This training gives you the tools to work with yoga and meet different people's needs. Seasonal Yoga is centered

around the gentle and flowing practice of hatha yoga (physical yoga) which is also adapted to the changing energy of the seasons. During each module you'll increase your awareness through both practice and theory. The training will strengthen you as an individual and give you the confidence to inspire your future students to health and wellbeing.

Seasonal Yoga is a **200 hour training** and after attending you can apply for an International Certification through Yoga Alliance.

*Seasonal Yoga - flowing hatha yoga in harmony with the seasons.*

## Teachers

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**Sue Woodd** - has been working in the field of Complementary Medicine for the past 27 years founding her own Shiatsu school 1991. Sue is an experienced teacher trained in Yoga, Pilates, Shiatsu, Tai Chi, Chi Kung and Cranial Sacral Therapy. Her interest for Yoga was founded during many years of work in India. She is E-RYT 500 and registered with Yoga Alliance.



**Tina Hedrén** - has a life-long background in gymnastics, dance and fitness. She has been a gymnastic coach and worked with athletes since 1972. 1995 she fell head over heels for Yoga and completed yoga trainings in England and Switzerland. Tina works with Pilates, Feldenkrais, Chi Kung & Tai Chi and Essential Oils. She is E-RYT 200 and registered with Yoga Alliance.



**Kia Dock** - is a certified Viriyayoga teacher, RYT 500 according to The Yoga Alliance criterias and is constantly striving to deepen her own yoga experience and teaching skills. Kia has a long background within grouptraining, fitness & health as well as being a physiotherapist and a masseur. Kia lives in Norrköping where she is teaching yoga in her yogastudio, 'Kias Body In Balance'. She lives and breathes yoga every day.

# Training Weekend & Themes

Autumn	4-7 October
Winter	29-30 Nov 1-2 Dec
Spring 2019	17-20 January
Early Summer	14-17 March
Summer	16-19 May
Late Summer	22-25 August
Examination	14-15 September

## Price & Timeframes

The price is **33.000 SEK**, payments can be arranged on a monthly basis with a fee of 2,750 SEK. If you wish to pay all prior to the course you are given a discount and pay **31.000 SEK**.

**A non-refundable deposit of 5,500 SEK is required to secure a place.**

Upon registration you will receive a detailed program and directions. The training is held in Läby Österby, 10 minutes away from the Uppsala City. Free parking outside as well as a bus stop and easy to access via biking. Accommodation, transports and meals are not included in the Seasonal Yoga Training. You can purchase breakfasts and fresh made vegetarian lunches at the Training Venue. Staying overnight at the venue is also possible.

Course weekends starts on Thursdays at 09.00 and ends on Sundays at 16.00.

To obtain an International Yoga Certification, you must have full attendance, a total of 200 hours.

**Last day to Apply is September 20th 2018**

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## Sign up

Please register on [www.seasonalyoga.se](http://www.seasonalyoga.se).

If you prefer to scan or post your application to us, please fill in the form here:

Name .....

Date of birth: .....

Adress: .....

Phone: .....

E-mail: .....

Date and signature: .....

**Send to: Movement Arts, Läby Österby 113, 755 92 UPPSALA**

**For more information please contact:**

Tina Hedrén - [tina@seasonalyoga.se](mailto:tina@seasonalyoga.se)



KIAS BODY IN BALANCE  
YOGA STUDIO



*Seasonal Yoga*

