



# THE ART OF BODY READING & ASSISTS

FRIDAY- SUNDAY, AUGUST 16-18

WITH MARTI YURA AND LORIEN NEARGARDER

Knowing how to see, read and assess what a student may need to experience a static (balanced) state in a pose is an important tool to cultivate as a teacher.

Learning the right use of manual adjustment, along with effective cueing and props, can offer insight to the somatic body and create a deeper yogic experience.

To be effective it must take into consideration not just the body, but the whole person. What is required is to listen deeply. Everything from permission to release, to alignment, to right engagement can be communicated through voice and touch.

