Heart of the Village Yoga Advanced Studies and Teacher Training

ACTION • INTENTION • KNOWLEDGE • DEVOTION

Building community. For those with an open heart and a willing mind.

Yoga and Ski Retreat, Snowbird Utah

April 7-12, 2019

Join Bob Speck, RYT 500, E-RYT 200, PSIA III and Jo Kirsch, E-RYT 500, PSIA III, for a memorable week of skiing and yoga. Participants will have the opportunity to explore Snowbird on their own, as well as be guided around the mountain terrain. We'll practice yoga before and after skiing and have optional evening activities. Retreat begins at 7pm, Sunday, April 7, 2018 and ends Friday, April 12, 2018. Lodging is at The Inn at Snowbird, where we will practice yoga, hot tub, and have gym access. The Inn is a short walk to the Snowbird Center where the Tram is located and valet service is available for your skis. Restaurants, shopping and a full spa are all within walking distance of The Inn.

Attend this retreat and receive 20 CEU's for Yoga Alliance and/or HOTV Yoga's 300 Hour Teacher Training

This course will teach yoga and group leadership skills on and off the mat. You'll have the opportunity for a positive, transformational experience and leave the course inspired and empowered to act.

This course is designed so graduates will be able to:

- Apply yoga philosophy to enhanced group experiences and team building
- Develop authentic leadership capabilities
- Develop and collaborate on skills with others in a group setting
- Assess a group's desires, capabilities and fears
- Facilitate group learning, adaptability and dynamics
- Understand relationships between individual bodies and expected movement patterns on mat and on slopes.
- Understand individual and group strengths, habits, and areas for growth
- Make informed and thoughtful decisions, anticipating and foreshadowing next steps
- Communicate effectively
- Develop a deeper sense of presence and self-knowledge through reflective time in a beautiful natural setting.
- Identify and assess hazards and understand risks