

OCTOBER 19-23 2022 AT AGORA LISBOA

The Art of Vinyasa
Advanced Teacher training
and Intensive



**WITH
RON REID & MARLA MEENAKSHI JOY**

32 HOUR INTENSIVE TRAINING FOR TEACHERS
AND EXPERIENCED PRACTITIONERS

The Art of Vinyasa 32-hour intensive training

Overview of the Training:

This Art of Vinyasa training is designed to inspire you to teach safely and effectively the ancient practice of Vinyasa Yoga. The Sanskrit root “Vinyasa” means “to place” (vi) in a specific way (nyasa). In a vinyasa style practice, how poses are linked or connected is vital.

We will explore in detail specific groupings of poses from First, Second, and Third Series of Ashtanga Yoga, in terms of the specific movements that take us from one pose to another to create a seamless flow.



As we become more aware of the connection between poses, the general overall shape of a dynamic yoga class, then we can begin to explore variations that promote creativity and insight.

It is also possible to see individual poses as having their own “vinyasa”. In other words, “steps” (krama) taken within the pose that not only allow us to go deeper but to become more mindful of areas in our bodies that we find challenging and that might require specific attention to help facilitate the flow of energy (prana).

The Art of Vinyasa Content



This training will include:

- ~Exploring intelligent sequencing for classes and workshops, based on
 - a. The principles found in Primary, Second & Third Series of Ashtanga Yoga.
 - b. Specific “peak” poses. Ie. Vasisthasana, Ashtavakrasana, Vishwamitrasana, etc.
 - c. Specific anatomical themes. Ie. Hips, Knees, Lower Back
 - d. How to teach a “themed” class, as well as a “workshop” and how to work with “private” students more thoroughly.

~Appropriate adjustments/modification in poses

~Learning sequences for beginner, intermediate, and advanced classes.

~Working with props to target certain actions needed in poses, and integrating them in a vinyasa class.

Finding sequences that target different parts of the body is key for a teacher. Whether it is targeting the hips, the knees, lower back, etc. The tools to hone in on what is needed in any given area of the body will be deepened and refined in this training.

The Art of Vinyasa Program: 9h45-18h

~ Understanding the 'Vinyasa' Within A Pose

By breaking down each pose into a sequence of stages, we are better able to help students and teachers understand “working versions” of the poses, and the steps they may need to take to complete them. This becomes a very effective tool in understanding the limitations that any student may experience from time to time, and how to resolve them in a safe and constructive manner.

~Vinyasa from a philosophical context.

Working with the yoga sutra's daily from a vinyasa point of view. One sutra per day, adding on every day. Seeing the “step” that take us towards Kaivalya, liberation.

~Refining the Teaching Methodology - Pedagogy

As we learn to integrate and refine our teaching skills, we become a more effective guide to others. Students may require varying approaches at times to help them sustain interest. Ultimately, an effective teacher is one who can adapt to the needs of their students. We will spend time in discussion around the ethics and language of teaching.

Daily Schedule

9:45-12:15 ASANA LAB with Ron

Lunch break 90mins

13:45-15:45 ASANA LAB with Ron

**16:00-18:00 PHILOSOPHY &
SEQUENCING with Marla**

The Art of Vinyasa About Ron & Marla



Ron Reid has been practicing Yoga for over 30 years and teaching since 1988. He is Former- co-owner and Director of the Downward Dog Yoga Centre in Toronto, Canada
(www.downwarddog.com)

Ron has studied with Sri K. Pattabhi Jois and Sharath both in India and North America and was one of the first Canadian teachers to be authorized by Pattabhi Jois.. Along with his studies with his Pranayama teacher Sri Sudhir Tiwari, has also completed an “Advanced Pranayama” training with Sri O.P. Tiwari from the Kaivalyadhama Institute in Pune, India.

In addition to regular online, he conducts workshops and teacher trainings in Canada, the U.S., Europe, the U.K. and Asia, and is becoming a familiar face at various conferences around the world (since 2000).

Ron is one of Canada’s top teachers, approaching teaching in an inspired, informed and non-dogmatic way. He places the needs of the students ahead of the demands of the practice. While continuing to teach and practice the ashtanga vinyasa system as a foundation, he endeavors to blend tradition with innovation, and to balance precision with grace. Students will find his refined approach to practice both challenging and rewarding.

Ron is also an accomplished musician and composer and performs with his partner Marla Meenakshi Joy under their group name “Swaha” www.swaha.ca

The Art of Vinyasa About Ron & Marla



Meenakshi (Marla Joy): Former: Co-owner and Director of Downward Dog Yoga Centre, first traveled to India in 1988 to study meditation and the philosophy of the Vedas with Swami Shyam, as well as other learned scholars in the Himalayas. She is a Certified Meditation and Yoga Philosophy teacher from the International Meditation Institute in Kullu, Himachal Pradesh, Himalayas, and, along with her studies with her Pranayama teacher Sri Sudhir Tiwari, has also completed an “Advanced Pranayama” training with Sri O.P. Tiwari from the Kaivalyadhama Institute in Pune, India.

She has been an international yoga teacher trainer since 1999 (Canada, USA, Europe, The UK and Asia) in the areas of: Yoga, Philosophy and Sanskrit, Chanting and Meditation, Ashtanga/ Vinyasa yoga, Restorative Yoga, and Yoga Nidra.

As practicing Shiatsu Therapist since 1990, as well as an Abhyanga Massage Therapist, Meenakshi has a healing and informative touch. She has been trained in giving channeled readings in: Choose Love Karmic Readings, Light Weaving Activation, Reiki and is currently in training in Sacred Earth and Ascension Rituals. She has been studying and performing Indian Classical Odissi dance since 1995, and is very passionate about this form of dance as well as Sacred Temple Dance.

As a celebrated song-stress, she also leads Kirtan (call-and-response chanting) with her band SWAHA, with inspired musical compositions with her partner/keyboardist, Ron Reid. She has produced 5 Cd's of Sanskrit Devotional chanting entitled “Prayer's”, “Salutations”, “Vishnu's Dream”, “Bolo!”, “Shanti Pulse, and their newest CD “Gone Beyond”.

Meenakshi currently holds retreats and trainings In the Southern zone of Costa Rica, as well as teaching online on the Zoom platform. www.templeoflight.love www.swaha.ca

The Art of Vinyasa training Registration & Pricing



PRICING OPTION

Early Registration (50% deposit paid
before August 1, 2022): **€510**

Late Registration (50% deposit paid after
August 1st): **€560**

Price for 2 or 3 days possible : ask us

**If you wish to join the training but
cannot afford this price please write us
at info@agora-lisboa.com
Including training manual**

REGISTRATION

Fill and sign the registration form &
join 50% deposit.

Please send confirmation by e-mail
Payment by cash or bank transfer.

CANCELLATION POLICY

An admin fee of 25 euros will be deducted for any cancellations.
Only half of the sum paid will be returned for cancellations
made up to 15 days before the workshop.

Sum paid is non-refundable 15 days before the workshop.
As the teacher is confirming their presence and is guaranteed the amount of people who are
attending 21 days before, we ask for your understanding of this policy.