

# THE ART OF ASSISTING

15-HOUR TRAINING MODULE 1  
WITH SONIA AMA



LISBOA  
FEBRUARY 21-23

It is actually normal, and even good news, for us to be very careful and cautious with the assists given to practitioners when first starting to teach Yoga. Giving hands-on assists or knowing how to use the props can support a student in finding the actions intended in the pose and the alignment that feels right for their own body. Allowing the breath to flow, the practitioner can experience an asana that feels spacious and integrated at the same time.

Over the weekend , we will explore the philosophy of assisting as we go and look at what the intention and alignment is within each asana so that we can assist safely, with confidence and ease.

**This training weekend is designed for Yoga teachers or regular practitioners, whether you want to use it in a teaching context or to be able to assist yourself in your own practice.**



# CONTENT

- Principles of Assisting: Who? Why? What? How?
- What are the things to look for in the body to assess whether an assist would be helpful or not?
- Learning how to recognize which type of assist is best adapted to the situation
- The use of Yoga props in assisting
- How to use our hands: Universal and fundamental principles to apply when we use touch to assist a posture
- How to create a dialogue and invite feedback from the practitioner we are assisting and the importance of communication & two-way learning

All these topics will be explored and presented in a practical way throughout the weekend, using selected asanas and partner work exercises to practice different assists - Our work will be based on the Ashtanga Yoga Primary Series Poses (principles being applicable to all variations of poses).



## PROGRAM

Friday 21/2 : 18h-21h

Saturday 22/2: 11h30 - 13h30 / 15h-19h

Sunday 23/2: 13h-19h (with a mid-afternoon break)

## PRICE

Normal Price : 250 euros

Early Bird Price (Until Dec 15) : 220 euros

Agora students (members) 10%

Agora Teacher Training students (current or returning) 10%

14 spots max

Note: You can practice Mysore-style at Agora on Saturday from 9-11h with Sonia before the course starts which is a good opportunity to feel some hands-on assists on your own body. You can also practice Vinyasa on Sunday morning at Agora with Marion. These classes are not included in the price of the training

