

EHY Presents

# THE ART OF ADJUSTING

with Nam Chantepie



**FRI, APR 20, 2018 • 5:30PM-9PM**

**SAT, APR 21, 2018 • 7AM-4PM**

**SUN, APR 22, 2018 • 7AM-4PM**

**EHY Broadway Studio - \$220.00**

Enhance your world of yoga instruction, adjustments and assists with expert instructor Nam Chantepie. Perceptive and unique, Nam's smart verbal and manual cueing techniques will provide you with the tools you need to help your students get the most out of every practice. Whether you teach vinyasa, hatha, yin or gentle classes this workshop is for you! This workshop is open to yoga teachers and students. Earn 20 hours of Continuing Education credits with Yoga Alliance.

You will learn:

- SAFE AND SKILLFUL PHYSICAL, VERBAL AND ENERGETIC ADJUSTMENTS
- FUNCTIONAL ANATOMY AND PROPER ALIGNMENT
- BENEFITS AND PRECAUTIONS OF ASANA MODIFICATIONS
- ASSISTING AND EMPOWERING ALL LEVELS OF STUDENTS

**Contact us for details and reserve your spot today!**



Nam Chantepie is an RYT500 & E-RYT200 teacher and YACEP educator. Based in San Diego, Nam is an instructor featured on Yoga International. As a student of yoga and functional movement modalities, his classes are grounded in proper breathing and alignment, strength, anatomical detail and mindfulness. Nam's expert verbal cues and hands-on assists help guide his students to a more fulfilling yoga practice.

