



DAVID FIFE

David Fife holds a Bachelor of Human Kinetics with an Honours degree in Movement Sciences. He has trained with Baron Baptiste, Paul Grilley, Janice Clarfield and Shiva Rea and teaches at Yoga Shack™ in London, Ontario.

Saturday March 31st 1:00 pm - 7:30 pm SAIFIF

How to Teach Yin Yoga

In this six-hour workshop, you will learn the philosophy and foundations of Yin Yoga and the balance it brings to the more active yang practices. We will explore the anatomy of the major Yin Yoga postures, the principles of exercise related to connective tissue and joints, and the difference between tension and compression. You will leave the workshop with the knowledge and confidence to lead a Yin Yoga practice.

Sunday April 1st 2:00 pm - 4:00 pm SU3FIF

Teaching and Practicing Hot Yoga, What You Want to Know

Interested in learning the safe way to teach hot yoga? In this workshop we will explore the physiological effects placed on the body in a heated environment and how it can impact individuals differently. You will learn how to recognize the symptoms of heat exhaustion in students and how to help them deal with it. You will leave with a solid understanding of what postures are effective in a hot yoga class and ones that should be avoided and why.

LISA SHACKELTON

Lisa Shackleton is the Founder of Yoga Shack™ yoga studios and creator of Hybrid Flow™ YTT. She holds an Executive MBA from Queens University. She began practicing yoga in 1997 and has studied and taught all over the globe including India, Australia, Costa Rica, Mexico, Los Angeles and across Canada. She is grateful for the knowledge shared by her teachers Shiva Rea, Baron Baptiste, Lorin Roche, Camille Maurine, Janice Clarfield, Yoga4Kids, Stott Pilates and Moksha Yoga. She is honoured to be a mentor for Shiva Rea's Prana Flow® YTT and Africa Yoga Project as well as a Lululemon Ambassador and respectfully acknowledges her teachers along her yogic path.

Saturday March 31st 10:30 am - 12:30 pm SA2SHA

Marketing for Teachers and Studio Owners: Growing Your Business. Share the Love

Whether you a certified yoga teacher or successful studio owner, if you are looking to increase your class attendance and volume and grow your personal brand, this is for you. This workshop will empower you to create and sustain growth with a strong foundation, understand pricing and promotional strategies and implement ethical programs to support your studio and yoga in your community. Attracting students to your class and ethically promoting your classes via marketing, media and promotion. Learn how to increase your yoga presence throughout your community. You can do it!

Saturday March 31st 5:30 pm - 7:30 pm SA5SHA

Bandhas Body

Hybrid Flow™ brings all aspects, styles and techniques of asana and breath work into one complete yoga class. Learn how to additionally incorporate all three bandha 'locks' into this practice to achieve greater lift, breath, and energy. Deepen your understanding of the three bandhas and how they are used to tone and cleanse the body, achieve a richer Maha Bandha, the great lock.

Sunday April 1st 9:00 am - 11:00 am SU1SHA

Hybrid Flow: An Introduction to Dynamic Change

All In! Nothing Out! Learn how to blend the styles and techniques of; Ashtanga, Power, Hot, Prana Flow and Yin Yoga, along with Meditation, to create a balanced and dynamically sequenced class for all levels and abilities! Bring to life the 'average' yoga class! This will change how you view class designs!

Sunday April 1st 4:30 pm - 6:30 pm SU4SHA

Pre and Post Natal Training

Teaching PreNatal yoga requires a great understanding of the changes that a women's body experiences throughout pregnancy. Students will learn the importance of breath work, vocal toning, pelvic floor activation and hormonal changes. Proper alignment will be discussed as well as modifications for all stages of pregnancy. Post pregnancy exercises for Mommy and Baby will also be demonstrated as well as emotional and physical benefits and risks.

