

Basic Elements
Introductory Teacher Training Program

LIVE LOVE TEACH
500hr School

RYS 500
Registered Yoga School

LIVE LOVE TEACH.com

March 2 & 3rdth
with Live Love Teach founder and master teacher, Phillip Urso

LIVE LOVE TEACH BASIC ELEMENTS – 500 Hour Module

BASIC ELEMENTS: How to Teach a Sun Salutation in 16 Hours

In the HBO special on football coach Vince Lombardi, John Madden recalls being a young coach about to attend a seminar given by Coach Lombardi. Thinking he already knew a lot about football, he was skeptical about what he might learn. When Lombardi dedicated the whole seminar to describing one single play, Madden realized he “really didn’t know anything about football.” There is a yoga parallel: all the nuances, blockages, excitement, and skills required to teach radiant, exhilarating vinyasa yoga are contained in one play: the sun salutation. Live Love Teach will coach as you practice-teach in small groups. Reinvent your teaching of the sun salutation so that every moment is more powerful and relevant. Learn how to: effectively use breath, flow, and minimum words; create strong transitions; power a class with tension and release. Most importantly, experience teaching from love. During dynamic discussions with Phillip, you’ll have aha moments that will take root to effect change in your practice, teaching, and life. No matter your experience level – beginning teacher or 20-year veteran – this powerful trio guarantees you will gain major insights into your teaching and have fun doing it.

ONLY \$295 for this amazing training! Register at www.liveloveteach.com



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