



2021/22 TTC Vinyasa Yoga Flow RYS 250 PLUS ONLINE TRAINING



CERTIFICAZIONE Yoga Alliance® International TTC Vinyasa Yoga Flow RYT 250PLUS Formazione Online

WE MAKE NO APOLOGIES FOR SETTING HIGH STANDARDS

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5% discount for FAO Staff Coop members!

In the didactic approach of Janine Claudia Nizza (who lived many years in Los Angeles where she studied with international Vinyasa masters and pioneered Vinyasa Flow in Italy since 2002), we deepen the fundamental Asanas, the Flow Transitions, the Ujjayi Breathing, the "taking" of Bandhas and the study of the Alignments in Breathing, Postures and Transitions.

The aim is to put the mind at the service of the body and soul making them "conscious instruments".

The Vinyasa Yoga Flows created by Janine make the practice varied and balanced, and are rooted in the structures of Surya Namaskara A and B. The study of different Sequences / Vinyasa from the most important traditions of Yoga allows you to get in touch with Yoga philosophy by honoring its historical roots. Traditional and modern sequences will be studied comparing their styles in order to understand their logic, gradualness and happy intuitions. Important will also be the study of Vinyasa Numbering, concept of Flow and identification of the "counter poses", necessary tools for teachers to lead classes of gradual intensity, easy to propose to students, fun and welcoming for all levels."

Advice and motivation for Vinyasa Yoga Flow Online/Live Streaming Teacher Training

Dear Yoginis,

John D'Amato, Director of the Hara Benessere Training Center and Course Creator, Janine Claudia Nizza, invite you to become a dynamic yoga teacher!

Last year's live streaming and online classes yielded excellent results in all aspects: conceptual, technical and spiritual. We have persuaded ourselves to continue this year to train teachers in complete safety, reducing for you the time and cost of fruition, bringing our content directly into your homes with a certification of international level and modern. Becoming a Yoga Alliance teacher means entering the profession as a qualified teacher at all levels of training with adherence to international standards.

In addition, the online allows all of you in Italy and Europe to join and follow the course easily and without travel and exhausting schedules.

We invite you to read more on our sites where you will find insights and list of topics that we teach with great attention to your growth, to become qualified teachers of Vinyasa yoga Flow.

We are at your disposal for any clarification,

yours Janine and Giovanni

Om Shanthi Namaste

All FAO Staff Coop members will get a 5% discount on the total fee valid until October 23rd!

The fee includes the cost of the registration to obtain the Yoga Alliance® International TTC Vinyasa Yoga Flow RYT 250PLUS Online Training CERTIFICATION.

For registration fees and program information, email teacher Janine Claudia Nizza info@yogaflow.it with fao-staff-coop@fao.org in copy.

In order to take part in this proposed activity, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>).

If you already are a member, you can just renew your membership for the year 2021.

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.