

# TEAM SOL YOGA

SHARING OUR PASSION OF TEACHING

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**Kristina Molinari, RYT** – As a trained and certified vinyasa flow teacher at the 200 hour level, Kristina began her journey into teaching through a course similar to this. Completing a specific 20 hour course for hands-on assisting prior to her teacher training, Kristina was already well informed about many of the subtleties of effective teaching. Experience Kristina’s talented teaching and incredible touch as she passes on one of her passions.

**Dorcas Quynn McWilliams, RYT** – After over 450 hours of yoga teacher trainings and thousands of hours teaching yoga to students of all shapes, sizes and levels, Dorcas has honed her ability to observe students and assess their unique needs. Hands on assisting requires clear intention, confidence and a solid knowledge base that comes from experience. Together Kristina & Dorcas will break down and explain the mechanics of assisting while reminding trainees of the overall intention of serving others through this art.

## CONTACT US

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## THE ART OF HANDS ON ASSISTING

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2008 SUMMER SCHOOL

[WWW.SOLYOGA.ORG](http://WWW.SOLYOGA.ORG)

# HANDS ON ASSISTING

## LEARN SKILLS THAT GIVE BACK



**“A GOOD ADJUSTMENT IS LIKE  
HAVING A PAIR OF ANGEL HANDS  
GUIDING YOU DEEPER INTO  
YOUR YOGA PRACTICE”**

*Lisa Black, Yogini, teacher trainer,  
owner Shakti Vinyasa Yoga, Seattle Wa.*

The art of assisting can be powerful and effective for both teacher and student. In this focused series, you will learn and master the fundamentals of hands on assisting for a variety of common postures.

Join Sol Yoga’s team of trained teachers and begin a journey into a deeper practice, becoming a teacher or significantly enhancing your current teaching skills. You will get ample time to experience and offer hands on adjustments to various bodies and at the end of the course, you may be invited to become a Sol Yoga Class Assistant.

# SUMMER 2008

## PART 1—3 SESSIONS

9 HOURS  
OVER 3 DAYS

Saturday 9-12pm

June 14<sup>th</sup>

Sunday 1-4pm

July 27<sup>th</sup>

Saturday 9-1pm

August 9<sup>th</sup>



**PART 1 COST: \$149 (ALL 9 HOURS)**



**BONUS WORKSHOP**

**“Juicy Assists”**

w/ guest teacher &  
trainer, Patty Ivey  
September 14<sup>th</sup>, \$25

**PART 2 & 3**

18 more hours of  
advanced hands on  
assisting training  
offered in Fall 2008.

**PREREQUISITES**

All students must have  
at least 6 months prior  
yoga experience  
(practicing multiple  
times per week).

**REGISTRATION  
LIMITED TO 15  
WWW.SOLYOGA.ORG  
877.SOL.YOGA**