

# A&P FOR YOGA TEACHERS

An affordable series of well-resourced online and F2F sessions, designed to enhance practice-based knowledge.

For new and experienced yoga teachers, or bodyworkers. 200 hours+ or to fulfil the substantial requirements of Iyengar yoga teacher training. Students may have some prior knowledge of anatomy and physiology.

Six interactive online sessions and three practical hands-on workshops for a broad range of learning styles and experience, with an assessment for increased CPD hours.

Participants experienced in A&P may enrol in the practical workshops without having attended the online courses.

Certificate of Attendance available on request.

## Facilitator: Felicity Molloy

PhD | MEd | GDHE | MNZ Exec: RMT | YogaNZ Senior Level 4 1000h | REPs | Victorian College of Arts (Dance)

MESSAGE DANCE YOGA ~ IN CLINIC IN STUDIO ONLINE & ONE-ON-ONE  
PAGET STREET CLINIC HOURS: SAT & SUN 12-5.30pm  
For schedules or bookings: [fjcmolloy@gmail.com](mailto:fjcmolloy@gmail.com)/021 948 646



## BODYSTILL WORKSHOPS ~ NEXT 2022 DATES

### Online sessions

Wednesdays 7.00-9.00pm

November 02/09/16/23/30 & Dec 07

### Practical workshops

Sundays 2.00-4.00pm

December 04/11/18 -AK only

### Assessment (Open book)

December 14-28

**Enrolments are now open: For information or to book your place ~ [fjcmolloy@gmail.com](mailto:fjcmolloy@gmail.com)**