

# YOGA WELLNESS ENGLISH TRAINING COURSE FOR YOGA INSTRUCTORS



This course is designed to help yoga instructors learn how to conduct yoga lessons in English. We cover basic yoga phrases that will help you communicate with your students. At the end of the course, students are tested on how well they conduct a yoga lesson in English.

**1 Week** (Mon-Thu 9:30am - 1:15pm Fri 8:45am-12:30pm) \$630

**2018: 2/12, 3/5, 4/9, 5/14, 6/4, 7/9, 9/10, 10/15, 11/5, 12/3**

## COURSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am - 11:30am <ul style="list-style-type: none"> <li>• Orientation</li> <li>• Body Parts</li> <li>• Yoga Phrases</li> <li>• Yoga Poses</li> </ul>	9:30am - 11:30am <ul style="list-style-type: none"> <li>• Benefits of Yoga</li> <li>• Benefits of Poses</li> <li>• Breathing exercises</li> <li>• Meditation</li> </ul>	9:30am - 11:30am <ul style="list-style-type: none"> <li>• Healthy Habits</li> <li>• Healthy Body</li> <li>• Healthy Mind</li> <li>• Healthy Food</li> </ul>	9:30am - 11:30am <ul style="list-style-type: none"> <li>• Wellness Vision</li> <li>• Making a Dream Board</li> </ul>	8:45am - 10:15am <ul style="list-style-type: none"> <li>• 8 Dimensions of yoga</li> <li>• Discovering Happiness</li> </ul>
11:45am-1:15pm <ul style="list-style-type: none"> <li>• Orientation</li> <li>• General Yoga Phrases</li> <li>• Greetings</li> <li>• Warm ups</li> <li>• Seated poses - Part I</li> <li>• Cat and Cow Series</li> </ul>	11:45am-1:15pm <ul style="list-style-type: none"> <li>• Demo Class</li> <li>• Sun Salutations</li> <li>• Standing poses</li> <li>• Flow: Breath and Poses</li> <li>• Roleplaying</li> </ul>	11:45am-1:15pm <ul style="list-style-type: none"> <li>• Demo Class</li> <li>• Balance Poses</li> <li>• Seated Poses - Part II</li> <li>• Lying on your Stomach</li> <li>• Lying on your Back</li> <li>• Shavasana</li> <li>• Roleplaying</li> </ul>	11:45am-1:15pm <ul style="list-style-type: none"> <li>• Final Demo Class and Exam</li> <li>• Q&amp;A</li> <li>• Graduation</li> </ul>	10:30am-12:30pm <ul style="list-style-type: none"> <li>• Final Demo Class and Exam</li> <li>• Q&amp;A</li> <li>• Graduation</li> </ul>

\*Lesson content is subject to change.

Your day: \* 8:45am-12:00pm on Friday

9:30am	Meet at Kapiolani Park. * On Mondays, we will meet at school and walk to the park together. Yoga lesson
10:45am	Wellness workshop
11:30am	Break time, Q & A
11:45am	Instructor Course
1:15pm	Finish at Kapiolani Park.

**WHAT TO BRING:** Towel, water, sunscreen, pen, yoga mat, essential oils. \*You will receive a yoga mat, essential oils, and a yoga card set on your first day. Bring some pictures or crops of magazines of your pick to represent your wish and dreams to make a dream board on Thursday.

**OPTION ONE:** Private lessons are available upon request for students who wish to get more personal attention. Each hour is \$60.

**COURSE REQUIREMENTS:** Must be at least 18 years of age and in good physical condition. Students must be yoga instructors. All English levels welcome.

**MINIMUM NUMBER OF STUDENTS:** We offer this course even for just 1 student. Maximum number of students: 9

**GROUP DISCOUNT:** Sign up with friends or family and get 10% off the course fee.  
We offer private group lessons for more than 4 with different dates if desires.



NAOMI SHEEN



KAYOKO PERKINS

About this course: Open to students of all English levels, we aim to educate students on health, wellness, and language skills, as well as to build confidence to teach yoga in English.

## Hawaii Palms English School

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