

The Pleasures and Principles of Partner Yoga Level 1 Teacher Training



Partner yoga can take your practice and teaching to a whole new level. Join trainers Valerie Immore, and Deleene S. Menefee, PhD, as they teach how to combine the skills of a trained yoga teacher and a mental health care professional to enhance individuals', couples' and families' abilities to communicate and relate on a much deeper, more fulfilling level

During the course of the training you will learn how to use the experiences in partner yoga to help clients:

- Identify barriers in relationships
- Balance give and take
- Recognize and validate individual needs
- Give and receive emotional safety
- Build trust
- Meet a partner's needs
- Receive help from a partner
- Break negative cycles
- Stop the past from damaging the present

You will also learn:

- How to present postures effectively
- Design classes for maximum impact
- Create a safe and enjoyable experience
- And more



Dates: July 6 - 8, 2017

Location: Twisted Sisters Yoga
122 E. Bridge Street
Breaux Bridge, LA

Schedule: Friday, July 7, 6-9 p.m.
Saturday, July 8, 9 am - 6 p.m.
Sunday, July 9, 9 am - 6 p.m.

Cost: \$295 if registered and paid by June 22
\$395 after June 22

CEUs:** 25 hrs continuing ed credits via Yoga Alliance (\$25 fee for teaching evaluation and certification)
18 Continuing Education Clock Hour Credits for Louisiana Mental Health Care Professionals (\$30 fee)

*All participants are required to complete and submit for review a teaching project before certificate of completion/CEUs is issued.

Ideal for: Yoga Teachers, Family and Couples Therapists and Counselors, anyone looking to improve their relationship skills or help others to do so

Contact: 337.654.0691 or 225.287. 5434
info@twistedsisyoga.com

To Register: Twistedsisyoga.com

Note: This is the first of two levels of training for full certification in partner yoga.

The Louisiana Counseling Association is approved by the Louisiana Licensed Professional Counselor Board of Examiners to offer continuing education for Louisiana Licensed Professional Counselors and **Provisional Licensed Professional Counselors**. This program meets requirements for 18 of continuing education clock hour credit for Louisiana Professional Counselors.

Presenters:

Valerie Immore, ERYT 500, Certified Yoga Therapist, - owns Sundance Yoga Studios in Pearland and Friendswood, Tx. Valerie has taught yoga for more than 17 years and has more than 1500 hours of yoga teacher training. Valerie is a teacher trainer at the 200 hr and 500 hr level and conducts Principle Based Partner Yoga teacher certification courses. Valerie is a Certified Yoga Therapist through the International Association of Yoga Therapists (IAYT).

Deleene S. Menefee, PhD and RYT 200, is a Texas licensed Psychologist and a registered Health Service Provider. She has worked with in the field of mental health providing services for couples, women, children, Veterans, and those suffering from addictions. Dr. Menefee has focused her professional development on attachment, interpersonal process, and emotion focused therapy as well as having certification in numerous evidence-based protocols.