

# Advancing Your Teaching Skills: Marga - Yoga Assisting

*For Yoga Teachers and Experienced Yoga Students*

**Saturday, March 10th, 2-4:30pm**

**\$55**

This workshop is being offered as part of the 500 Hour Yoga Teacher Training with Laurel Hodory, MS, ERYT500 in Columbus, OH. Meets at 2994 McKinley Avenue in Columbus, Ohio.

## Participants will:

- ✓ Receive a certificate of completion for 2.5 hours Yoga Alliance Continuing Education Credits.
- ✓ Be eligible to apply credit hours to the 500 Yoga Teacher Training with Laurel Hodory starting January 2013. Applicants must be 200 RYT. More info at [www.laurelhodory.com](http://www.laurelhodory.com).



## Marga: Yoga Assisting I of III

Marga means path or journey. When we are on the path, we see signs that we are headed in the right direction. Postures open. Life opens. Just as our own teachers can help guide us in the right direction, we as teachers in turn, guide our students. How do we assist our students physically and energetically? How do we adapt assists to each student's unique biomechanics while simultaneously playing the edge?

### Learn:

- Specific hands-on assists for standing poses & handstands
- How to use props in assists
- The difference between adjusting the form vs action of the pose
- When and how to apply different types of assists to match the unique needs of each student



**Laurel Hodory, MS, E-RYT500**, is a senior yoga teacher, a teacher's teacher and has been studying and teaching yoga in central Ohio since 1992. The former owner of It's Yoga Columbus, she has trained and certified more than 150 teachers, taught international retreats and workshops, trained the OSU NCAA Women's Rowing team, and has been published in several trade journals over the past decade. She has trained extensively in the field of therapeutics, using her understanding of yoga to heal her own chronic back pain. Her greatest joy is to empower others to transcend their limitations so they can experience greater fulfillment on and off the mat. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time family and friends.

*"The heart is the hub of all sacred places; go there and roam."*

--Bhagavan Nityananda

**Register online at**  
[www.laurelhodory.com/shop](http://www.laurelhodory.com/shop)