



Earth & Sky

— YOGA STUDIO —

YOGA IMMERSION 100 Hours of Transformative Yoga Practice

Feb 14-16
March 6-8
March 20-22
April 3-5
May 1-3
May 22- 24
June 12-14
June 26 -28

This Immersion is for anyone interested in deepening their practice and knowledge of yoga! Take as a stand alone course and/or as a pre-requisite for Earth and Sky Yoga Studio's 200-hour teacher training.

Course Content

- Exploration of the Universal Principles of Alignment™
- In-depth study and practice of all categories of poses
- Yoga anatomy and bio-mechanics
- Chakras, kundalini and subtle body awareness
- Yoga history and philosophy
- Study and application of Patanjali's yoga sutras and The Bhagavad Gita
- Pranayama and meditation
- Basic Sanskrit and philosophical terms
- Support in bringing yoga into your daily life

ANUSARA® TEACHER TRAINING

Immersion dates +
7 day intensive
July 20 - 26
August 2,9,16,23,30
September 6,13,20

Our 200-hour teacher training is the only Anusara yoga teacher training on offer in Sydney's inner west.

Starting with the basics, our teacher training is for anyone interested in teaching yoga and/or the seasoned yoga teacher interested in re-energising and enhancing their skills as well as anyone interested in developing their personal practice and understanding of yoga. Self reflection, self awareness and personal growth are at the heart of this course.

Course Content

- 100-hour immersion
- Holding the seat of the teacher with confidence and humility
- Language skills and cueing
- Creating meaningful heart themes
- Observation skills
- Skilful sequencing
- Powerful demonstrations
- Verbal and manual adjustments
- The business of yoga

Information Session at the studio
10.30am Sunday 27th October

Cassandra Missio

Owner/Director, Earth and Sky Yoga Studio
Senior Member Level 3 (Yoga Australia)
E-RYT 500hrs (Yoga Alliance)

Cassandra Missio is a certified Anusara yoga teacher, E-RYT500, senior member level 3 with Yoga Australia, and the owner/director of Earth and Sky Yoga Studio in Marrickville. She has been teaching yoga for over 15 years and began her training in 2002 by undertaking a traditional teacher mentoring apprenticeship. This supported the development of her daily yoga and meditation practice. Through her mentorship she developed the fundamental principles of her teaching style. She continued to develop her practice and teaching skills studying on numerous occasions with the founder of Anusara Yoga John Friend and many of his senior teachers. She has studied regularly with meditation and philosophy teacher Carlos Pomedas and Yoga Therapist Doug Kellar.

After many years of refining her teaching, Cassandra became a certified Anusara Teacher in 2009. In the Anusara tradition, Cassandra's teaching style weaves precise bio-mechanical alignment and heart centred philosophy with the intent to offer an experience of freedom and lightness to the body and the heart!



