



## Report on YogaFit Training - August 2006

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Stanley

Due to scheduling and flight options I began my training with Level 3 in Charlotte, NC and then moved on to Portland where one of eight yearly YogaFit Conferences is held in the pretty riverside town of Hood River, which for the week was swamped with 200 YogaFit trainees. Here I completed Level 2, YogaFit Kids, YogaStrength, YogaCore/Butt, Moodlifting Yoga & YogaPlus.

These trainings introduced me to a variety of class formats from more fitness and strength orientated trainings in YogaStrength & YogaCore/Butt to more meditative practices in Level 3.

The theme of the Level 2 Training was communication and the trainee's were introduced to techniques to improve their verbal communication skills and also to learn about hands on adjustment. As well as this new poses were learnt and an introduction to the Chakra energy centres.

Level 3 continued to build on the bank of new poses, however the main focus of this level was meditation practices & benefits and a more in-depth knowledge of the anatomy of Hatha Yoga.

I was particularly interested in the meditation and found it very useful that they introduced meditation in a variety of different ways, i.e. a guided mediation, mediation using music and self guided options.

The Kids program was a lot of fun to learn and I am sure will be a lot of fun to teach, Yoga is introduced to the children through a variety of subtle ways, incorporated into games and activities and visualization in the form of "story time". From what I saw at the training children of all ages respond very positively to this program.



Infant Junior School Year 2 children  
with Carol



Carol Peck practicing on Surf Bay



Year 2 children learning animal poses

YogaCore/Butt & YogaStrength offered a lot of different strength and conditioning options to incorporate the practice of Yoga into gym routines and I can see that it would provide a great way to introduce Yoga to a sector of the population who may not normally have much interest in it.

YogaPlus introduced modifications and poses that could be formatted into a general class or a specific class for plus size people. The use of props, chairs, walls, straps & blocks was also introduced and effective ways to use them, these techniques could of course be introduced to any level of training and would be particularly helpful in seniors or pre-natal.

Moodlifting Yoga introduced methods and teachings that could be incorporated into a general class to elevate the mood or as a stand-alone format to assist in the treatment of those suffering from depression.

All of the workshops and trainings were very well presented and provided a great source of inspiration, motivation & knowledge. I look forward to being able to complete my 200RYT in the future with the Level 4, Senior & Pre/Post - Natal training and soon to be introduced Level 5.

Since returning I have introduced a new class format aimed at more experienced Yoga students and have also continued with a mixed level class for those just beginning or at an intermediate level to reach a wider group of participants.

I am in discussion with both the Infant & Junior School and Jelly Tots to provide classes to the children and we are currently working on a timetable to suit both their PE slots and the available hours that I can make free during the working day. This I have been able to do thanks to a flexible employer who permits me to rearrange some working hours to be able to offer this service to the Community during the school day.

I am really looking forward to this project and hope it will bring some positive benefits to the children.

I would like to express my gratitude for supporting me with the continuation of this training.

*Photographs of the Infant Junior School children courtesy of [Penguin News](#).*