

# ELEVATE YOGA WALL TRAINING

with Joelle VanSickle

*Continuing Education Studies for Yoga Teachers & dedicated students*



## Practitioner Track

*Option A*

Friday, March 23  
6-9PM

Saturday, March 24  
12:30-6:30PM

Sunday, March 25  
12:30-6:30PM

Take the weekend training and learn how to correctly use the wall system for commonly practiced asanas. You will learn how to set up and adjust the different straps to best suit your practice, and explore the desired effects and benefits of a variety of postures. Standing poses, Backbends, Inversions, and Restorative postures (and more) will be covered. This weekend training is open to experienced Yoga practitioners only. Training manual provided.

**\$350 Fee**



**Elevate**  
*Yoga & Barre Studio*