MCYTT Workshops
Saturday Workshop’s 10:30am-1:30pm
6th Floor HLP Presence Room

May 19th The Enneagram Personality System: A Tool for Teachers
The Enneagram is a nine-pointed symbol representing a system of understanding nine distinct personality types, one of which tends to move most prominently though us for our entire lifetime. This dynamic and interactive workshop offers an overview of the Enneagram Personality System, and a step by step illustration of the most brilliant and challenging aspects of each type. Through lecture, discussion, and guided activities we will explore the use of the Enneagram as a tool for self-understanding, understanding others, and as a means to enhance our teaching ability.
Workshop Instructor - Laurel Podulke-Smith

June 2nd Giving and Receiving Feedback
Most of us have experienced the destabilizing effects of harsh feedback, whether we have received words that pierced our heart or whether we have been the deliverer of feedback without adequate sensitivity or consideration. Giving and receiving feedback skillfully is an art, a lifelong skill that we build and refine throughout our lifetimes, invaluable in a great variety of settings. In this workshop we will explore the many facets of feedback, the tenderness of receiving feedback, as well as the importance of delivering feedback skillfully and effectively to others.
Workshop Instructor - Laurel Podulke-Smith and Stephanie Sutherland

June 16th Anatomy of Hands on Adjustments
A workshop designed for practicing yoga teachers. We will discuss and practice the “When, Why and How” of hands-on adjustments for teachers. Through the use of interactive exercises, you will learn how to connect with your own personal space and practice intuitively moving energy through another person.
Pre-requisite; Must hold a certification in fitness or yoga.
Workshop Instructor - Stephanie Sutherland

June 30th Prana and Chanting
Yoga in its many forms around the world has only one rule: the breath. The practice of breath is Prana. Prana can be translated as “Life Force”. This workshop will focus on the meaning of prana, and how to channel your individual prana in several different forms. Finally, after practicing the breath we will channel this into the beginnings of chanting. Chanting begins with your breath then connects to your voice to produce a vibration. The vibration awakens your inner chakras and connects you to your breath completing the full cycle of your inner life force.
Workshop Instructor - Asha Nookala
July 14th Sanskrit, Ancient Language of Yoga
“Jnana” (juh-nah-nuh) means worldly knowledge. The language of Sanskrit uses words as well as vibration to bring richness to mind and body when practicing yoga and meditation. Learning Sanskrit as a yogi or as a teacher can help cultivate and deepen reverence and respect towards yoga as an ancient practice. In this workshop we will explore the basic pose names using experiential methods and practice.

Workshop Instructor - Kay Kushwaha

July 28th Chakra Energy Workshop
Join us to explore the nature of the energetic body in the teachings of the chakra energy centers. Open up another level of your yoga practice by experiencing the chakras through study and experiential meditation. Discover how chakras in motion along with the flow of the nadis enhance our physical, emotional, and spiritual health.

Workshop instructor - Elizabeth Ely

Must be a DAHLC member to register for all workshops
Open to all DAHLC members
Registration opens 2 weeks prior to workshop