



05. September bis 09. September 2018

Inner Axis Teacher Training: Breathe To Heal with and by Max Strom

35 hrs Yoga Alliance



The TT will include the following topics:

1. The Breath

Getting students to commit to deep breathing, especially in big cities can be like pulling nails...there is so much frozen energy around the heart, so much stress, so much competitiveness and self-loathing that to breathe makes some feel like their lives may fall apart.

So, teaching deep breathing is a real challenge. Opening the chest area is the hardest aspect because it is in the chest/thorax (Latin for shield) that we keep our old memories, our sadness, and to open the chest would mean dealing with a new personality - dealing with a new body.

Max will reveal his secrets and techniques on these subjects:

- Inner Axis daily Breath-initiated Movement
- Evolutionary Breathing Patterns
- Triggering Emotional Healing

2. Postures and Movement

Healing, transformation, and empowerment. Max Strom will reveal his core principles of posture and movement based on his two decades of teaching and his in-depth knowledge of Hatha Yoga and Qi Gong. In just a few short days you will have the knowledge to make you a more insightful and safe teacher.



3. Communication

We teach in 5 different ways:

- By example (including behavior, demonstration, and pantomime)
- By what we say
- The order in which we say it
- By what we don't say
- By touch

Your function as a teacher is very similar to that of a mid-wife, as the student is both the mother of the coming child and the child itself. Because the heart breaks open and the new vulnerable little child is revealed, it dries off and becomes the new student. So, sometimes you are dealing with the mother and sometimes you are dealing with the child depending on the moment.

4. The Power of Ethical Precepts – The Ten Virtues

The essence-message of all the great teachers of morality is at heart, the same. They may appear different because the message was altered for the particular time, place and culture they were addressing. The message is that our battles are not fought by challenging others to change their beliefs or behavior; rather, our own personal behavior is all we really have power over in the end. This effect or lack of a person's ethics are so potent that it has been said that virtue alone is the most meaningful standard to distinguish one person from another. Following a virtuous path obviously benefits mankind and the world, but the great secret of ethics is that they also have an ineffably powerful transformative effect on our own being.

5. The Way In – Using Guided Visualizations for Rapid Healing

This brand new seminar offers an inspiring and insightful talk by Max, followed by a course on how to write and guide visualizations. The insight you will gain from your internal response to visualizations cannot be purchased or found in a book, university, or website. This special seminar will help you to see your world differently, and can course-correct the trajectory of your life course.

6. Lifespan tools

Wisdom Beyond the Mat, writing and discussion.
Be sure to bring writing materials.

Location: my shanti yoga, Peterstrasse 5, 90478 Nürnberg
GERMAN TRANSLATION IS POSSIBLE

Costs: 590,00 Euro (Early Bird until February 1st, 2018 = 540 Euro)

Cancellation policy:

Costs when you cancel before Feb, 1st 2018 = 200 Euro
Costs when you cancel before June, 1st 2018 = 350 Euro
Full costs when you cancel after June 1st, 2018
Cancellation policy is accepted with booking.

Booking via PDF form at the website www.myshanti-yoga.de