

semmi MAGAZINE

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amazing
THAILAND

HEERS+CBZ
International

FINE WINE DINE
INTERNATIONAL
BEST OF DINING

PRIME
STAR
ONE STAR DOES THE JOB

YOGA TEACHER TRAININGS & RETREATS

at Absolute Sanctuary, Thailand's Premier Detox & Yoga Resort

Nestled in the hills outside Cheongmon is Absolute Sanctuary, a wellness resort that blends comfortable accommodation with a wide range of detoxification programs, yoga, spa-based healing therapies, healthy spa cuisine meals and caters to those seeking a journey back to balance rejuvenation and wellness. The yoga center at Absolute Sanctuary is the first world class yoga studio in a resort setting to have a heating system and features floor to ceiling windows, custom heating & ventilation system, air conditioning & sound systems. The yoga center also boasts locker & shower facilities, mats, blocks, straps, meditation mats & towels. A wide variety of yoga classes such as hot, flow, hot flow, pranayama & meditation, yin & restorative yoga classes are conducted daily by an international team of truly experienced teachers.

Positioned to be at the forefront in Asia for offering yoga workshops, teacher training & retreats, linking avid students with world-renowned teachers to both learn from and interact with each other, Absolute Sanctuary provides an ideal place for yogis & yoginis wishing to embark on a teacher training program or seeking a workshop to hone their yoga skills. The resort will offer workshops, teacher training and retreats continuously all year with inspiring yoga teachers in hope that students will be able to deepen their practice & widen their knowledge.

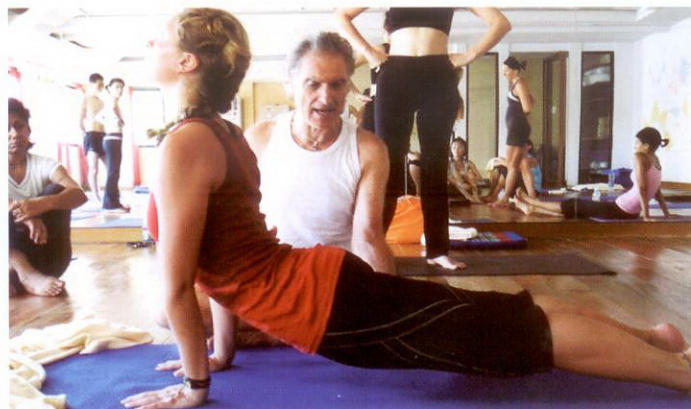
During the first half of 2010 ABSOLUTE SANCTUARY will be conducting the following yoga teacher trainings & workshops:

HATHA VINYASA YOGA TEACHER TRAINING February 2-27

Join Canadian born senior teacher trainer, Stephen Thomas for a 200-hour Yoga Alliance certification teacher trainings course. in Hatha Yoga where you will be taught how to teach a Hatha-flow class, structure & sequence a class, adjust students, kriyas & pranayamas, yoga history & philosophy, principles of anatomy & ayurveda.

VINYASA YOGA TEACHER TRAINING March 1-29

Join Michel Besnard founder of Yogasana for a 200-hour Yoga Alliance certification teacher trainings course. Michel's teacher training program aims to deepen participants' practice by expanding the scope & depth of their existing yoga practice. At the core of the training is the Asthanga Vinyasa yoga system as taught by Sri K Pattabhi Jois in the lineage of Sri T Krishnamacharya. The course will equip students with all the fundamental tools needed to follow the path of yoga both as a student and teacher.



YIN YOGA TEACHER TRAINING March 29 - April 2

Join Victor Chng, the man behind Asia's leading yoga website www.yogainasia.com and direct student of yin yoga founder Paul Grilley in this 30 hours certification course where you will learn the fundamental principles of yin yoga, anatomy & physiology, powerfully quietening yin sequences & how to teach a yin class.

YIN TO YANG IMMERSION April 2 - 5

This 15 hour certification course by Victor Chng is a must for people who practice more than one style of yoga. Learn to balance today's stronger, yang-style practices with calming yin-centered principles. You'll learn backbends, handstands, headstands, chakra balancing, yoga nidra and most importantly how to find a yin-yang balance.

ABSOLUTE HOT YOGA TEACHER TRAINING June 1 - 29

A 200-hour Yoga Alliance Accredited Hot Yoga Teaching Certificate issued from Absolute Yoga Thailand, Asia's leading yoga studio. This course will include yoga lectures, teaching practice, posture clinics, verbal instruction training and assisting public classes at Absolute Sanctuary. At the core of this course will be the study and practice of the Absolute Hot Yoga series. You'll learn each posture's name (in English and Sanskrit), its benefits for the body, and how to safely and effectively teach that pose to new students.

The resort & yoga center is located north of Chaweng 1km down the road from Karma Resort. Call 077 601190 to enquire more information about the teacher trainings. Find more information about the resort at www.absolutesanctuary.com

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on the hills, overlooking Cheong Mon Beach