

REFINE & SHINE: Coaching & Mentoring Program for Yoga Teachers with Misako Matsuoka, RYT

- Did you just graduate from your RYT200? Congratulations! Now what?
- Do you dream of being a great yoga teacher?
- Are you feeling stuck with your teaching?
- Are you looking for ways to refine your teaching skills?
- Are you wondering how to find your authentic voice as a teacher?

~HONE YOUR YOGA TEACHING SKILLS~

WHY?

When I graduated from my RYT-200, I was at a loss how to continue to proceed. The structured and supportive environment of my peers and teachers was only there for the duration of the teacher training. This program is designed to bridge your transition from RYT to seasoned teacher, and to help you to find your seat as a teacher.

METHODS:

- Goal setting sessions
- Review of current teaching style in person or audio tapes
- Making the first class impression: why it is so important, and how to prepare for it.
- Working with businesses. Shine up your yoga resume
- Review of your classes: voicing, sequencing, adjustments, connecting with students.

BENEFITS:

- Assisting and teaching in Misako's classes
- Guest entry to Misako's classes at participating studios

FEES:

Free initial consultation. The fees will be based on frequency of coaching sessions. Contact Misako at sunheartyoga@gmail.com

ABOUT MISAKO MATSUOKA:



Misako Matsuoka is a lifelong student of yoga, holds degrees in Biology and Engineering and is a certified yoga instructor registered with the Yoga Alliance. With now over 1000 hours of training in yoga, Misako currently teaches Yin Yoga, Restorative Yoga, Yin/Yang yoga, Vinyasa flow yoga and Anusara Inspired Yoga in the south bay of the San Francisco bay area. Misako teaches from the heart, creating a supportive welcoming environment to practice yoga. Misako's first 200 hour Teacher Training certification came from Avalon Yoga in Palo Alto. Misako has since completed advanced immersions in Yin Yoga with Paul Grilley, the world's leading expert in Yin; has been certified in Restorative Yoga with Judith Hanson Lasater, the founder of and best-known specialist in Restorative Yoga, and studies Shadow yoga with Scott Blossom. Misako hopes to share her belief with her students that yoga can offer opportunities to discover the healing and vitality of the body and to open the heart and mind. For more information go to <http://sunheartyoga.com>