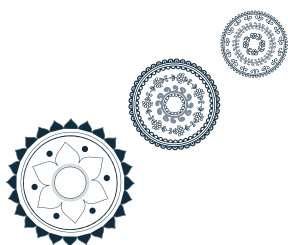


kaia yoga presents

refining communication free teaching workshop



*with
max strom*

Thursday April 15th
2:00pm – 4:00pm
Westport
FREE

please call to register.
24 hr cancellation notice
required to reserve your space,
no-shows or late cancellations
will incur a \$45 fee.

max strom



Born with severe clubbed feet, Max Strom spent much of the first six years of his life with his feet confined in plaster casts and braces. Today, he is known for inspiring and impacting the lives of his students and has become one of the most respected teachers of personal transformation and yoga worldwide, guiding his students to grow into happier, healthier, and empowered human beings. He has taught tens of thousands of students, and trained several hundred teachers. He is the author of the new book, *A Life Worth Breathing*, (Skyhorse, 2010), and you can see more of his work on his DVDs, *Learn to Breathe*, to heal yourself and your relationships, and, *Max Strom Yoga – Strength, Grace, Healing*. maxstrom.com

refining communication: workshop for yoga teachers or teachers in training

People often assume that their favorite teachers are able to speak clearly, concisely, and lovingly because they were born that way. But this is rarely true. Teachers who excel with communication often simply work harder at it and never stop studying and improving their art of teaching. This seminar offers several techniques for refining and empowering your ability to communicate what you want to say in the tone you want to say it with. The practical principles you will learn in this workshop will take you to new levels in your teaching and inspire you for weeks to come. Bring your mat and writing materials. (Please no recording equipment.)



life more pure.

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