

Sandy Gross, E-RYT 500
Integrated Yoga Tune Up® teacher
Roll Model® Method Practitioner & Teacher Trainer
Yoga Alliance Continuing Education Provider #29417

Teacher Training Modules

- Yoga In Your Anatomy® 200-hour Teacher Training module (8-16 hours)
- Yoga In Your Anatomy® 500-hour Teacher Training Module (4, 4-hour modules - Hips, Spine, Shoulders, Nervous System & The Anatomy of Breathing)
- Yoga In Your Anatomy® Student Editions, see below. (2 hours each - CEC's for teachers)
- Hands-On Assisting module that addresses injury, trauma sensitivity and current issues in our modern yoga communities (4-20 hours)
- The Business of Yoga (4 hours)
- Posture Labs (using anatomical & creative cues together, includes some hands-on assisting)

The Roll Model® Method therapy ball practitioner trainings

Sandy is a teacher-trainer for **The Roll Model® Method** therapy ball system. The following trainings are available to bring to your studio or arrange for a private training for your staff.

Put the power of self-myofascial release into your own hands. These trainings empower you to personally adopt and teach simple yet highly effective self-care regimens for pain-relief and improved range of motion and performance. The YTU Therapy Balls included in this module can be used as an adjunct offering within personal training sessions, stretch, Pilates, dance classes, wellness coaching, yoga, massage therapy, or with kids and special needs populations. These proven, whole-body exercises are approved by physical therapists, pain medicine specialists, and chiropractors.

-Roll Model® Method Science of Rolling* - 7 hours

-Roll Model® Method Ball Sequencing & Innovation* - 7 hours

*Both trainings are preparatory & prerequisites for the online exam to become a certified RMM Practitioner, and can be taken alone for CEC's.

Workshops for Teachers & students (CEC's for Yoga Alliance available)

Be A Student of Your Body – Student friendly editions of Yoga In Your Anatomy®, 2 hours each and includes movement practice, all within the context of yoga – Shoulders/Upper Body, Hips/Lower Body, Core/Breathing Anatomy

Self-Therapy for Tech Neck – 2.5 hours

Yoga Tune Up® Workshops (approx. 2 hours each)

-Total Body Tune Up, Hips & Twists, Tune Up Your Shoulders, Handstand Workshop (works well if taught same day as Tune Up Your Shoulders), Core & Backbends, Tune Up for Neck & Jaw, Restorative Hips, Down Regulation & Sleep Strategies, Sankalpa – Creating Meaningful Intentions that Lead to Lasting Change

Roll Model Method® Therapy Ball Workshops (approx. 2 hours each)

-Kneehab - Feet/Ankles/Knees

-Hips & Low Back

-Shoulders & T-spine

-Breath & Bliss Workshop - an Intro to the Coregeous® Ball

-Let's talk and create customized workshops for your studio!