# Assists vs Adjusments

•	Defining differences between an assist, an adjustment and touch:
•	An Assist is:
•	An Adjustment is:

• Touch is:

•	Why assist, adjust or touch students?
•	Why not assist, adjust or touch students?
•	Things to consider before assisting, adjusting or touching students:

## NOTES

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We're offering a Touch Training this weekend! Sunday, October 13 in Columbus.

#### Yoga Alliance Approved



#### Touch - 15 Hours

Training Description We all fall on a spectrum of comfort with touch. Healthy touch is somewhere in the middle, though many of us fall on one end or the other due to a negative experience of touch either being...

Holy Yoga /

For more info click here or scan QR code

