



- **Why assist, adjust or touch students?**

- **Why not assist, adjust or touch students?**

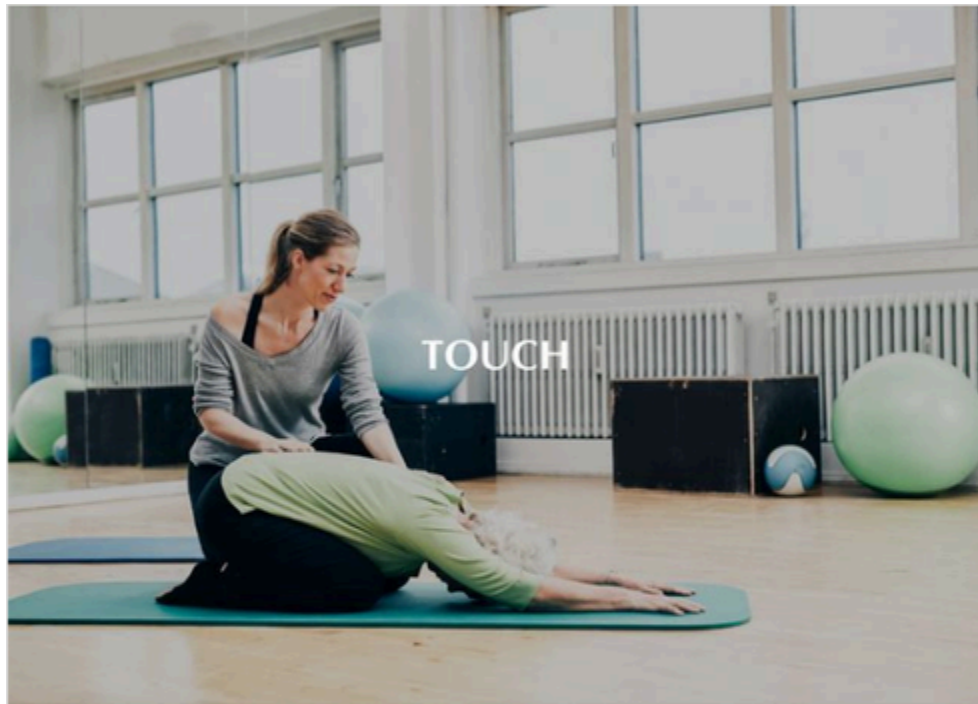
- **Things to consider before assisting, adjusting or touching students:**

# 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 /

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