



WARRIOR Rhythm
COME AS YOU ARE

WARRIOR RHYTHM

YOGA FOR NON-YOGIS

Saturday, July 19 10:10-12pm #631

ELLEN DE WERD

AGENDA:

INTRODUCTION TO WARRIOR RHYTHM

MASTER CLASS

SECRETS TO SUCCESSFUL STUDENTS

Q & A



**WARRIOR
INSTRUCTOR
ACADEMY**



NOTES:

PASSION

PROFESSIONALISM

PROGRAMMING

PERSONALITY

PREPARATION

PERFORMANCE

POLISH

PERCEPTION

PRIDE

PUT-TOGETHER

PUNCTUALITY

POD

