



SKYdance Yoga Embodied Art Introduction

SKYdance Yoga is a beautiful style designed to fine tune the body, tone and condition, as well as relax and unwind our limitations and find freedom.

Choreographed to music, each teacher training intensive has a specific theme, from hip openers, to backbends, to offer an all-round practice.

This course includes an opportunity to paint, draw, meditate, and journal to guide the student towards a confident, creative self-expression.

About the teacher:



TEA MCKERNAN



Tea has been teaching and practicing yoga for the past 20 years. Trained by internationally recognises yoga teachers such as Shiva Rea, Erich Shiffman and Sofia Thom, and completing her art education at Central ST Martins in London England, Tea has combined her experience in dance, art, massage and yoga to create a teacher training course that is effective and fun.

By co-ordinating breath and movement in circular, spiralling patterns, tension is released from the fascia, creating space in joints and muscles which allows a flow in asana sequences. A creative soul art component to the course connects the student to their 'inner artist' and inspires a deeper connection to their yoga practice.