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# YOGA WALL TRAINING

BY MARTIN ZILBAUER

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**13 - 16 Septembre 2018**

## MARTIN ZILBAUER

Martin is a physical therapist, a Pilates teacher and a certified Iyengar yoga teacher. He has studied yoga fulltime in India for more than 6 years where he received his certificate from B.K.S. Iyengar personally. Martin currently teaches in his Iyengar Yoga and Physical Therapy Center in Amberg, Germany, as well as teaching international workshops. He is also the leading training supervisor in Europe for the Yoga Wall, a wall rope system which is based on the use of wall ropes by B.K.S. Iyengar.

**Tarif : 700 euros (level 1 and 2)**

***Uniquement 6 places disponibles !***

**Contact : Katia Hammouche  
0671349048**

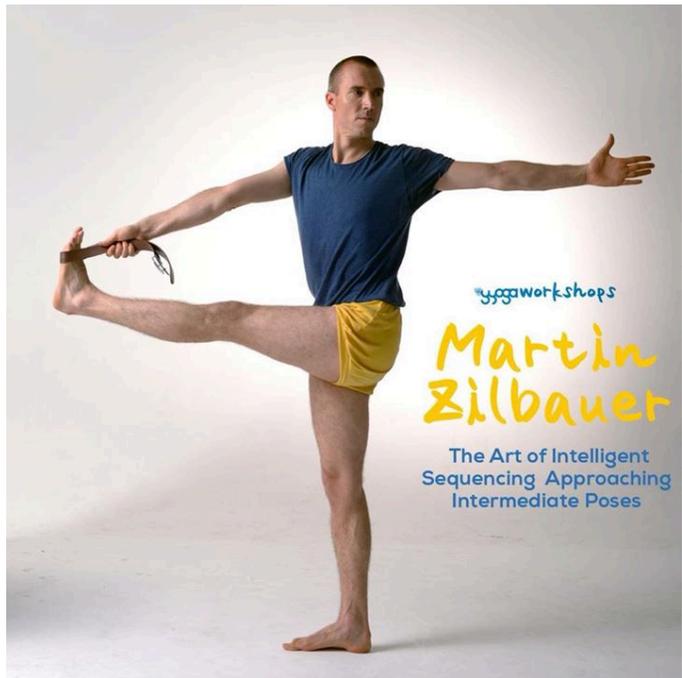
**[studio.pilates.strasbourg@gmail.com](mailto:studio.pilates.strasbourg@gmail.com)**



The Yoga Wall is a great prop to teach proper alignment and as such have access to parts of body and mind difficult to achieve otherwise. It helps to practice with ease and stability, which will allow the mind to relax and to be more open to receive the benefits of yoga.

**LEVEL 1 :** You will gain a comprehensive understanding of Great Yoga Wall. This method is based on the work with wall ropes developed by B.K.S. Iyengar and strictly follows his alignment-focused teachings. You will learn how to use the Yoga Wall, as well as the specially designed props. Both the wall and the props will enable you to gain deeper understanding in your asana practice. You will attain a surprisingly wide range of movements in the supine and prone postures, as well as in the seated, standing, and inverted asanas. This exploration will give you a thorough overview of the versatility and flexibility that comes when practicing an asana using the Yoga Wall. Whether you are an eager student, an experienced yoga teacher, or completely new to Yoga Wall or Iyengar Yoga, this workshop offers plenty of inspiration for your self-practice, as well as insight into your teaching, whether in the classroom or one-on-one

**LEVEL 2 :** Part Two expands upon the knowledge gained in Part One. Whether for personal practice or for teaching, you will learn exciting, easy ways of using the Yoga Wall to more quickly progress your yoga understanding. This will help you learn to use props, such as the Yoga Wall, without breaking your flow. You will develop different sequences without changing the set-up of the Yoga Wall and practice integrating the principles you learn from working with the Yoga Wall into your asana practice without using the Wall itself. You will also learn safe, therapeutic approaches to many of the asanas. The knowledge gained in this workshop will greatly benefit your regular practice !



**INSTITUT PILATES STRASBOURG**  
21 RUE SLEIDAN 67000 STRASBOURG  
[www.studio-pilates-strasbourg.com](http://www.studio-pilates-strasbourg.com)