



SADIE NARDINI CURRICULUM

Founder of Rockstar Yoga & Core Strength Vinyasa Yoga

OVERVIEW:

Sitting with Sadie, recognized as a new-generation master and transmitter of healing energy, will change your life. Her deep wisdom and real-world translation of transformation principles are, simply put, the keys everyone needs to reclaim a passionate, happy and powerful experience of living. With Sadie, you'll reveal your inner rockstar, and learn how to keep that feeling alive through all the challenges and joys you face.

Students and teachers alike may come for her sweaty and creative Core yoga classes, but end up gaining far more than they ever dreamed through the pre-workout Core Conversations. Being with Sadie for even one workshop will clear & illuminate your personal path, while moving your body, mind, heart, inner and outer relationships light years forward.

Sadie tours internationally, bringing the experience of true inner and outer core strength to clients everywhere, in an experience that New York Magazine calls "one of the best ways to transform your life!" She is the founder of Rockstar Yoga, which uses conversation and movement to reveal her students' inner rockstar nature, every time. Her style is Core Strength Vinyasa Yoga, and works closely with Leslie Kaminoff, author of "Yoga Anatomy" to bring safety, power and myth-busting knowledge into the flowing vinyasa practice.

Sadie writes blogs and articles for national media and is on faculty at the prestigious mind/body institutes Omega and Kripalu. Yoga Journal calls her a "rising star". Her Total Body Transformation DVDs are #1 bestsellers on Amazon, and she is regularly covered in media like New York Times, Glamour, CNN, Self, Yoga Journal and more. She is an ultimate wellness expert for Dr. Oz's online healthy living resource Sharecare.

ROCKSTAR YOGA / CORE STRENGTH VINYASA YOGA IMMERSIONS

NOTE: Every class or Immersion Sadie teaches includes part dialogue, part asana. Rockstar Yoga is the conversation portion of the class, where students gain new knowledge and perspectives to help them re-inspire and empower. Core Strength Vinyasa Yoga is the physical yoga style Sadie employs to put the Rockstar principles into full effect. Students therefore go through the whole body-heart-mind spectrum of experiencing transformation in their time with Sadie.

Immersion are: Two 2-hour workshops with an hour in-between. 4 hours total teaching, 5 hours total time for students. Can be booked separately and as a package.

Join Sadie for an incredible immersion in her Core Strength principles of living and moving that will transform you inside and out. She is an expert at translating the latest anatomy findings and classical yoga philosophies into real-world application for use both on and off the mat. **Her goal: total transformation in just one session!**

With Sadie's Immersion, you'll learn tons of practical tips and tools for rocking both your life and yoga from the inside out. You'll finally understand how to activate your deeper, holistic muscle meridians, release common areas of tension and pressure, spend lots of time working the body, and discover the 3 steps to total transformation in any aspect of your yoga poses or your relationships to Self and others!

Revolutionize your yoga practice, mind and heart, with instantly more benefits like flexibility, weight loss, energy, core strengthening, clarity in all your choices, and realizations about how to best align with your truth.

ALL IMMERSIONS ARE MORE YANG/ACTIVE THE FIRST SESSION, AND MORE YIN/SLOW-FLOW, STRETCH-BASED THE SECOND. EACH SESSION INCLUDES A DISCUSSION PERIOD FIRST, THEN A FULL ASANA CLASS.

All Immersions include the following components:

- A Core Conversation with Sadie, to reveal the Core Theme for the session ahead, and let students self-discover how they need to apply it on and off their mats.
- Sadie's signature Core Poses and Sequences, fun, creative, game-changing vinyasa flow classes to dance around a stable center and remove resistance from the body on all levels.
- The latest findings on holistic anatomy and muscle meridians that make all your poses safer, more powerful and possible. You simply have to know about them if you're doing a physical asana practice!
- Practical anatomy and philosophy application within the asanas. Sadie is skilled at simplifying complex anatomical and philosophical principles for use in the classroom or personal practice.

SADIE'S IMMERSIONS

Please choose one per day. Each is 4 hours in duration and includes two 2-hour sessions.

FIRST SESSION: CORE STRENGTH TRANSFORMER

SECOND SESSION: THE TRINITY

- Learn what true Core Strength really is (hint: It's not about the abs anymore!), then move from your new, holistic Deep Core muscle meridians to transform all your poses and get many more benefits from your time on the mat, forever!
- The Trinity, a revolutionary 3-part instruction to align your pelvic core in every pose from the spine—not the outer body.

FIRST SESSION: DISSOLVING OBSTACLES

SECOND SESSION: BREATH AND BANDHAS

- Learn about your Samskaras, and focus on Sadie's Core Poses –new moves that finally release tension from the Superficial Back and Front Muscle Meridians. Find out how to dissolve obstacles to your power and freedom on all your levels!
- Discover the inner life to your yoga poses. Finally learn the simple instructions to activate your bandhas and understand how they can support—or block you from your energizing, de-toxing and centering breath!

FIRST SESSION: FOUNDATION MATTERS

SECOND SESSION: DOING THE WAVE

- The way you engage your foundation can incredibly amplify the benefits of your practice—or sabotage your efforts! Learn how to use your hands, feet, pelvis and more to connect with your earth more effectively.
- From your Foundation, learn the art of Axial Extension, or waving through the core to decompress the spine. Experience how this movement can transform your tension release and flexibility in just one session.

FIRST SESSION: BE A YOGA NINJA

SECOND SESSION: ALIGN YOUR SPINE

- Discover the secret power of your Spiral Line, a mind-blowing muscle meridian that make all your poses safer, and more magical, from Sadie, who is studying to become an actual Ninja herself.
- Move from your spine, for your spine, root out common areas of misalignment or even injury-prone areas in your practice, learn how to safely move the spine all 5 ways (yes, there are 5!)

FIRST SESSION: CIRCLE BACK TO CENTER

SECOND SESSION: OPEN YOUR HEART FROM THE CORE

- Learn Sadie's 3-step process of aligning your poses, to get twice the benefits out of your vinyasa (or any) yoga practice.
- Find out how containing yourself at center can help you reach new levels of expression in all your backbends. Safely support your heart to open in a new way, and watch it bloom!

FIRST SESSION: ROOT CHAKRA FLOW

SECOND SESSION: YIN MERIDIAN FLOW

- Experience a creative flow to re-access the power of your root, including Core Energetics of yoga, and all about the Root Chakras!
- Move into a slow-flow Hip-opening class, including longer-held Yin Poses to maximize the energy flow through the connective tissues of your hip joints and increase flexibility fast around these gateways to your core!

FIRST SESSION: IGNITE YOUR CORE

SECOND SESSION: DEEP BELLY RELEASE

- How to ignite Agni, the belly fire that raises your metabolism, burns calories and improves digestion.
- Understand and release Brahma Granthi, the deep Belly Knot yogis say is crucial to our ability to let go, and bring healing to our pelvic root, organs, creativity and relationships!

Beginning and advanced yoga practitioners alike are welcome. Yoga teachers learn techniques they can apply in their classes. Yoga teachers receive 4 Continuing Education Credits through Yoga Alliance and a certificate of completion for these Immersions.

IMMERSIONS GEARED TOWARD TEACHERS - STUDENTS ALSO WELCOME & WILL LEARN JUST AS MUCH.

SEQUENCING (AND LIVING) FROM THE CORE:

A 4-Hour Immersion

(This Immersion should have 1 hour in-between sessions)

Join a powerful conversation, then movement about what works...and what doesn't when it comes to sequencing your yoga classes, and, more important, learn how to be the most effective, dynamic and inspiring YOU that you can possibly be.

Whether your practice or teaching style is a faster or slow-flow, or even if it's not Vinyasa, you'll benefit from these creative and structured tips for how to create your best in-class or at-home yoga classes.

You'll see why it's imperative to find your Core Message, unleash your Core Voice, learn Sadie's Core Sequencing Secrets, and discover how to spark Core Creativity in your home practice or in the classroom. You will discover new anatomy and alignment points, including clarification of the physical "core" in order to instruct yourself or your students to their most powerful core connection.

Then you'll move through a mindfully challenging Core Strength Vinyasa Yoga class to experience the power and clarity of sequencing from deepest center on all levels!

SESSION 1: Discover your Creativity and Core Message. Let Go and Let Flow!

SESSION 2: Unlock Your Core Voice and Learn to Structure Your Yogi Life and Yoga Classes!

Sadie's Workshops

Each workshop below is 2 hours. Maximum: 2 workshops per day

Foundation Matters

The way you set (or don't) the foundation of your poses has an extreme impact on the effectiveness of your practice. During this fun, informative Core Strength Vinyasa Yoga flow with founder Sadie Nardini, you'll gain infinitely more benefits by learning Sadie's surprising new alignment and anatomy instructions for the feet and hands. Instead of leaking energy by moving from the sky downward, you'll learn how to instantly amplify the safety, strength, energetics and power of all your asanas from the ground up!

Be A 'Ninja' Yogi

Sadie, who is also studying to become an actual ninja, brings the same principle of containment, quiet power and staying centered within all your relationships to the yoga practice. Discover new yoga poses infused with martial arts principles, and learn Ninjasana, Sadie's signature pose to introduce you to the Spiral Line, a muscle meridian you'll need to

know to bring lightness, the most effective core strength and a near-magical empowerment to every pose you do, no matter what your level!

Mostly asana.

The Core Strength Transformer

The "core" is often misunderstood, and underused in yoga practice. Learn how to activate your Deep Core Line, a whole-body muscle meridian in every pose, giving you instantly more strength, stability and flexibility in your practice in just one session! This vigorous and empowering flow includes the full spectrum of asana to ignite and transform your core strength using Sadie's deeper core alignment, signature core poses, energetics, and breath.

A great addition to any yoga style!

Mostly asana.

Self-Centered Flow

Find out how everything about your relationships, work stress, and anxiety about the future is actually pointing to a misalignment within your Core Relationship with self. Then move through a Core Strength Vinyasa Yoga flow, including Sadie's signature Core Poses to reunite you with your root, stimulate your inner energy, bust through resistance to your life's path, and light the fire that will Self-generate everything you've been seeking from the outside. It's a revolution!

Flying From the Foundation and Core

What you do (or don't) with your foundation and deeper core alignment can either give you more benefits for your time spent on the mat, or sabotage even your best intentions. Flow through a mindful, creative Core Strength Vinyasa sequence Sadie designed to teach you how to activate your earth to core connection in every pose, to help you finally attain more lightness and power in all your poses, and specifically the elusive floating postures like jumping forward, arm balances and inversions. We build all poses from the ground up, so beginners are always welcome!

Mostly asana.

Deeper Core Power: Access Your Myofascial Meridians

Flow through a mindfully vigorous Core Strength Vinyasa Yoga class while you go deeper into anatomy, alignment and new poses to reveal the groundbreaking new findings on the Deep Core Lines of the body. Sadie shows you how to integrate their power into all your yoga poses. Use these muscular and energetic sources optimally to bring you to a whole new level, no matter what style of yoga you practice!

The 3 Core Instructions

Discover Sadie's 3-part signature style, a way to activate every pose more completely using Ground-up cues rather than the more commonly taught (and less effective) sky-down technique! Move through a creative yoga practice that includes muscle meridian activation, new alignment, anatomy and Sadie's Core Poses, all sequenced into an intelligent flow. You'll reveal your true power as you use the 3-part map found in your transitions and within each pose to make your yoga more beneficial for the time spent on the mat--no matter what style you love!

Transform Your Transitions

The way you get into a pose can cause you to reap—or lose many of—your benefits once you're there. During this fun, sweaty flow, you'll dive into the world of movement and anatomy in-between your poses, double the effectiveness of your practice and radically improve your ability in even your most challenging postures. Get ready to decrease stress and strain and increase power from the inside out!

Weight Loss Yoga from the Core

In addition to its spiritual and health benefits, yoga can be an amazing weight loss and body-toning practice if the right intensity level and poses are done. Follow Sadie's signature Core Sequencing for Weight Loss and Body Toning and learn how to use more of the Abdominal Core and myofascial Deep Core Lines to gain more calorie-burning and muscle-building benefits both on and off the mat!

Root Chakra Flow: Letting Go, Accessing Your Source

Join Sadie for a vigorous vinyasa journey into your root. Using Sadie's transformative insights, new Core Poses, simple pranayama, Deep Core Line muscle awareness and more, you'll move through the first three chakras, and out into your world with more inner strength and outer freedom. Reclaim the massive amount of energy, insight and personal power found at your core!

The Trinity: Aligning the Pelvic Core

Subtle shifts to the pelvic alignment make a huge impact on how effective your poses are. Using Sadie's revolutionary three-part Trinity instruction and Deep Core Line muscle awareness, you'll shift your sacrum, abdominals, pelvic floor, and along with them, the way you approach your yoga poses forever. Amplify the benefits of any style you do from deepest center!

Breath and Bandhas: The Inner Life of Vinyasa Yoga

Flow through a complete Core Strength Vinyasa Yoga class, dedicated to sharing new information about how to most effectively integrate pranayama and bandhas within your active yoga postures! Sadie's groundbreaking alignment and anatomy information will help you easily understand and instantly unleash the power of the 3 bandhas and the breath. Discover the anatomical realities and myths behind pranayama and the bandhas that you can use today to increase the potential of any yoga practice or pose.

The Yoga of Truth: Expressing Yourself through Asana

Many people think they are living their truth, but they're actually still playing out old stories that are restricting them from full happiness and success. Together with Sadie you'll wake up, learn to tell the difference, then flow through a challenging but sweet, heart-opening sequence to power all your actions from deepest center. We'll learn why core strength is crucial for safe, effective and succulent backbends, and how you can gain more expression in all your poses when you're rooted and grounded. It's inspiring, honest, and illuminating to claim who you are, and reveal yourself straight from your Satya, or innermost truth!

Yoga For Men...& Women!

Join master Core Strength Vinyasa Yoga trainer Tyler McCoy and founder Sadie Nardini for a powerful discussion, and then a power-based flow class designed for men and their surprising specific needs in yoga practice. Female teachers and male practitioners alike will get tools to help speak more effectively to themselves (the male client), discover specific

poses to balance men's bodies and minds, and gain new perspectives on what it means to be a Next-Generation Male both on the mat and in relationship to the world and others.

WORKSHOPS FOR TEACHERS

Sequencing from Your Core: A 2 Hour Workshop

Whether your practice or teaching style is a faster or slow-flow, or even if it's not Vinyasa, you'll join a powerful conversation about what works...and what doesn't when it comes to sequencing, and being the most effective student or teacher you can be.

You'll see why it's imperative to find your Core Message, learn Sadie's Core Sequencing Secrets, and discover how to spark Core Creativity in your home practice or in the classroom. You will discover new anatomy and alignment points, including clarification of the physical "core" in order to instruct yourself or your students to their most powerful core connection.

Then you'll move through a mindfully challenging Core Strength Vinyasa Yoga class to experience the power and clarity of sequencing from deepest center on all levels!

Yoga of Success: Message, Marketing and Money!

Gain tips, tools and secrets from three skyrocketing yoga professionals. Sadie Nardini, who makes high six figures teaching yoga, video, social media and wellness expert Tyler McCoy and Ava Taylor, CEO of YAMA Talent, the first talent agency for mind/body professionals, come to help you clarify what you were born to offer, and how to make more conscious money doing it as a lifestyle.

Get a supercharged 10 Step map that you can use to clarify, then live your dreams--and reap the benefits, financial and otherwise, from getting to the core of who you are, and what you're meant to do to express that into the world.

The Core Strength Vinyasa Yoga Power Sequence:

Join the founders of Core Strength Vinyasa Yoga to discover an amazing new set sequence (with creative options) designed to amplify students' benefits in every pose by activating their deeper Core Strength Muscle Meridian, a powerhouse inner body line of muscles that is often overlooked or misaligned in classes. This sequence, which can give practitioners twice the benefits in each posture, and attract larger classes, is perfect for teachers and students alike to add into their existing style or home practice to gain the most whole-body transformation, weight loss if needed, and holistic core strength, safely.

Core Strength Vinyasa Yoga: The Anatomy of Flow Intensive

See why CSV Yoga is in demand all over the world, as you learn anatomy in the way it works best: put into movement, specifically, yoga sequences and flow. Sadie and Tyler, founders of Core Strength Vinyasa Yoga, one of the most exciting, quickly growing styles, give you a deep anatomy foundation, with a new-generation view of how, and why we move into and between yoga poses. You'll get a 5-Step Teaching Templates, discover powerful cueing technique, and gain a solid, and immediately useful anatomy training for teachers seeking to seamlessly speak to student's anatomical reality and safety while leading a more student-attracting, creative, effective and energy-boosting flow class. Not to be missed!