

Module 2: The Art of Touch

In this 10-day immersion, we will explore the nuanced practice of giving hands-on adjustments to all body types. The art of touch requires mastery and sensitivity, and the ISHTA approach is one that integrates constant practice, feedback, and intuition.

Physiologically, our hands occupy about 30% of the sensory cortex in the brain. From an energetic perspective, they are the transmitters of *Shakti*, which is the mother-nature force that governs us. The hands also relate to the heart and throat chakras, so how we touch relates to both how we feel and how we communicate. Learn how to apply the principles of ISHTA yoga and the seven segments of alignment to hands-on adjustments, enhancing both your teaching and your connection to your students.

Requirements: Completion of ISHTA 200-hour Teacher Training, or other 200-hour Training and ISHTA Immersion.