



*Note that all times and cec's listed can be adjusted based on needs + requirements

COACHING OFFERINGS

Leadership Development

- Focus on your personal growth as a leader with 1-1 mentorship
- Gain perspective on your values and strengths and how to leverage them in your work
- Receive support on generating new ideas + mindset shifts
- Receive accountability to kick start or breathe new life into a project
- Learn how to support the unique needs of your team as an inspiring leader
- Elevate your team through leadership + skillset training

Studio Partnership

- Collaborate on growth strategies for attendance, membership and programming
- Create a sales process that empowers staff and increases revenue
- Receive guidance on industry trends, customer experience and company culture
- Focus on your personal growth as a leader with 1-1 mentorship
- Bring exciting new programming and class offerings to your studio
- Elevate team with a customized assessment and continuing education training

Personal Development

- Identify limiting beliefs that hold you back and create compassionate strategies to move you forward
- Increase clarity around your goals and desires
- Banish overwhelm by crafting a clear and achievable plan
- Receive support and encouragement as you get curious and courageous about creating the life you desire

LEADERSHIP WOKSHOPS

Courageous Leadership

Becoming a courageous leader is about how you do what you do—it is about living your deeply held values and empowering your team to do the same. Who you are as a leader—the values you embrace, and the beliefs you hold— is automatically transmitted to the group you are responsible for through your words, actions & interactions.

In this workshop, participants will learn:

- How to identify your core values as a path towards courageous leadership
- What current behaviors are out of alignment with your values
- How the skills of courage, curiosity and compassion can transform your leadership style

Sales Training

Ease in sales is multi-faceted. It is about having the right people, with the tools they need to confidently and authentically connect with your customer. This combination will strengthen client relationships and contribute to growth of a brand and community.

In this training, participants will:

- Understand their WHY and how to bring it to life with every client interaction
- Learn to leverage the tools available to understand the different clients they will encounter
- Build confidence in their authentic approach to educating the client and creating community
- See how this process translates not only to a stronger community but an increase in sales

Art of Listening

Listening skills are vital to success in business and in life. When we make a conscious effort to understand what people are really saying, we can deepen connection and strengthen relationships with co-workers, friends and family.

In this workshop, participants will learn:

- What active listening is and why it is key in all relationships
- Common barriers to active listening and the disconnect that is created from not being present
- How to use the tools of breath work, meditation and mantra to ground the body & mind to be present for skillful communication

Action Cures Fear

Sometimes life can feel pretty overwhelming. We have all been there. Long to-do lists, goals that seem too big to know how to get started. Yet when we choose to be in action, we don't have time to think about the "what if's", make excuses, or second-guess ourselves.

In this workshop, participants will:

- Use the tools of journaling, breath work & meditation to gain strength, courage, and confidence.
- Create their own system for consistently taking action in the face of their fears.

CONTINUING EDUCATION WORKSHOPS

Discover Yourself

Creating a vision for your life consists of knowing who you are, how you want to feel and a deep belief in what is possible.

Teachers and students can use this program as a guidebook to create more clarity around the direction that they want to take for their unique life and understand the support that you will need to get there.

During this time customized workshop, we will practice together and participants will be guided through a tested roadmap for self-discovery with relatable and actionable themes:

- Living your Values
- Cultivating Curiosity
- Commitment to Self
- Courageous Action

Requirements/Prerequisites: N/A

Yoga Alliance Continuing Education Approved Course: 5-15 CEC's

Values Based Teaching

By understanding who we are and what we value at our core, we can create fluidity and ease with our teaching. Bringing awareness to our core values not only gives us direction and accountability in what we say and how we interact but can be a guidepost for the finer skills of teaching such as sequencing, themeing and touch.

During this 2.5-hour workshop, we will practice together and then examine our core values as a tool to teach authentically every single class.

Requirements/Prerequisites: 200-hour yoga teacher training

Yoga Alliance Continuing Education Approved Course: 5 CEC's

Connection through Contact: The Power of Assists

We all have a desire to be seen, heard and connect. Providing skillful assists can communicate more clearly than words. In addition, purposeful touch builds trust and connection between teacher and student by the energy and intention that is exchanged in the moment.

In this 4-hour workshop for teachers, we will practice together and then partner off working with each other to practice hands-on approaches in a way that makes your students feel supported and encouraged to go deeper into their practice and their journey to self.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course: 10 CEC's

On + Off the Mat: Impactful Language + Themeing

Themeing provides an opportunity to create direction in your class and allows the postures and sequences that you have chosen to have a deeper meaning. It begins to shift the students practice off the mat and into their daily lives.

In this 4-hour workshop for teachers, we will practice together and then utilize a class theme template to bring more focus and deeper purpose into our classes through intentional language and a collective offering.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course: 10 CEC's

Intelligent + Intuitive Sequencing

As teachers, we can empower our students to move beyond the physical experience. Asanas are vehicles to unravel what is hidden beneath the surface. Without physical stress, tension, discomfort, students can work into the deeper layers of the experience.

In this 4-hour workshop for teachers, we will practice together and then deconstruct the process of creating a class that empowers students to move with the intention of liberating the body, mind and spirit.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course: 10 CEC's

Miracles on the Mat: Study your Self, Find your Purpose & Joy

With full lives and constant change surrounding us, it is important to incorporate time for introspection. By studying our tendencies & patterns, we can fully know & embrace our unique talents. Through the wisdom of yoga philosophy, we can seek deeper connection to our true, unchanging self and learn to ride the waves of life with ease & joy.

In this 5-hour workshop for teachers, we will practice together and take a deep look at the Yamas and Niyamas as a modern-day path of self-reflection and growth. Attendees will study their guide map and discover how to practically apply these concepts into teaching as well as incorporate these principles into everyday living.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course: 15 CEC's

TEACHER TRAININGS/MENTORSHIPS

Strength + Surrender Teacher Training

Strength + Surrender is a continuously moving yoga + weights class designed to strengthen you physically & mentally. The addition of free weights & body resistance movements creates opportunity to bring more stamina, balance and body awareness to already challenging postures. Each class ends with a restorative practice that allows time to slow down, deeply listen to the body and bring everything back to whole.

During the 2-day training you will:

- Learn the tools of a powerful and fun class: sequencing, the influence of music and the role of teacher
- Experience and receive (2) master classes complete with take-home sequences, playlists and opportunity for online video links
- Leave the training able to craft and confidently teach a class that is safe, effective and memorable for your students.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course: 30 CEC's

Mindful Motherhood: Pre + Postnatal Teacher Training

Learn how to guide safe and effective yoga & movement classes for pregnant women and new moms. This comprehensive course will give you the confidence to teach and empower your students at any stage of pregnancy or postpartum.

During the 2-day training you will:

- Understand the physical, mental & emotional changes a woman experiences during the 9 months and beyond
- Learn the precautions and modifications necessary to create a safe, empowering prenatal class suitable for all stages of pregnancy.
- Connect with the tools meditation, breathing techniques, mantra and mudra as grounding & centering tools for motherhood.

Requirements/Prerequisites: none

(This training is designed for yoga teachers, fitness professionals, pregnant mommas, midwives, doulas, and health and childbirth educators.

Yoga Alliance Continuing Education Approved Course: 30 CEC's

Yoga Wall Teacher Training

During this 2-day course, we will explore the benefits of the rope wall. Vinyasa based and restorative poses will be shared with the support of the wall to offer a more therapeutic experience as well as educate our students on the subtleties of alignment.

Participants will leave the training with the ability to not only safely and effectively sequence a class but confidently teach it.

Requirements/Prerequisites: 200-hour yoga teacher training

Yoga Alliance Continuing Education Approved Course

Business of Yoga

Whether you desire to teach a few classes a week or build a full time livelihood from teaching yoga, it is valuable to understand your unique strengths and create strategies to shape your yoga business.

During the 2-day training you will:

- Learn to leverage teaching opportunities at studio, corporates, privates and online
- Craft a meaningful yoga resume and develop a business plan
- Create great content that highlights who you are as a teacher and creates transformation space for your students
- Find ways to authentically market yourself as a teacher
- Explore the landscape of teacher compensation, tax responsibility and ways to create active and passive revenue streams
- Find your true voice and learn how to move forward with full force and with your whole heart

Requirements/Prerequisites: none

Yoga Alliance Continuing Education Approved Course: 30 CEC's

Yoga Teaching Mentorship

Do you want to make a greater impact with your teaching? This program will provide you the technical and soft skills to lead an intelligent class with more confidence, depth and connection.

Small Group Learning + Individual Coaching

Session 1: Sequencing

Learn simple techniques to create easy to follow & impactful classes.

Session 2: Touch

Create connection & empower your students through physical touch.

Session 3: Seat of the Teacher

Understand how body language, verbal cues and your energy affect your classes. In addition, we will dive into what makes you unique as a teacher and how to tap into that power.

Session 4: Individual Coaching & Program Conclusion

Receive feedback on your teaching and work 1-1 together to receive the personalized support you need to grow.

Requirements/Prerequisites: 200-hour yoga teacher training

Yoga Alliance Continuing Education Approved Course

Teacher Training Intensive

Trainees will explore the history, philosophy, anatomy, energies, ethics and business of yoga. Each participant will complete the training with an expanded understanding of yoga, a higher self-awareness and the tools to confidently and safely lead Vinyasa yoga classes. Whether the goal is to teach public classes or simply enrich the understanding of yoga, this training will deliver a well-rounded experience for all. Upon completion of this 17-day Yoga Teacher Training, participants will have achieved the necessary requirements for 200-hour yoga certification through Yoga Alliance.

Yoga Alliance Continuing Education Approved Course

About the Lead:

Sheri Colosimo is a respected thought leader in the fitness + wellness industry with 20+ years of teaching experience and senior management. As an industry consultant, she contributes to the growth of small businesses and individual clients with her ability to see the big picture and create strategy that inspires action.

Her classes are a blend of her love of movement, passion for language and desire for each student to be touched, seen and understood. She brings her background as a business and personal development coach, mother and born teacher to inspire trainees to cultivate their own unique voice in the classroom. Her experience of facilitating growth in 200-hour + 300-hour teacher trainings and presenting at national yoga conferences and festivals has helped shape her personal facilitation style; one that is both introspective and practical.

[Bio](#)

[Testimonials](#)