

Sage Rountree, PhD, E-RYT 500

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A pioneer on yoga for athletes, Sage Rountree, PhD, is an Experienced Registered Yoga Teacher at the E-RYT 500 level and an endurance sports coach with certifications from USA Triathlon, USA Cycling, and the Road Runner's Club of America. Her nine books include *The Athlete's Guide to Yoga* (2008), *Everyday Yoga* (2015); *Teaching Yoga Beyond the Poses* (coauthored with Alexandra DeSiato, 2019); and *The Professional Yoga Teacher's Handbook* (2020).

Sage is a dynamic and engaging presenter who helps movement teachers be clear and professional and who helps athletes feel better balanced to reach peak performance. She offers in-person workshops around the country and is also available for real-time online trainings. Yoga teacher trainings receive a bulk discount when ten or more students take her asynchronous online courses as a group—and she offers a complementary one-hour videoconference to trainees as well.

Sage is a faculty member at the Kripalu Center for Yoga and Health, a regular presenter on the Wanderlust Festival and Yoga Journal LIVE! circuits, and has taught in locations as varied as the Pentagon, Prospect Park, and full rooms at YogaWorks in New York City, Yoga Tree in San Francisco, and Circle Yoga in Washington, D.C.

"Sage is a gifted teacher!"

—Baron Baptiste, author, *Journey into Power*

"Sage is an excellent instructor who brings a fresh perspective to yoga, making it accessible to everyone."

—Tiffany Cruikshank, founder, Yoga Medicine

"Yoga with Sage makes me feel better!"

—Roy Williams, University of North Carolina men's basketball coach

Sample Workshop Offerings

AFTERNOON AND ONE-DAY OPTIONS FOR ATHLETES

Postworkout Yoga for Athletes (2.5 hours, with handout)

Sage Rountree, *Runner's World's* yoga expert and a certified USA Triathlon expert coach, will teach you routines you can practice immediately before and after your workouts to help keep your body balanced. We'll learn all the details of five specific routines, none of which will take you more than 10 minutes, but all of which will help you avoid injury, recover faster, and continue running well. You'll leave feeling confident about incorporating yoga in your training. Appropriate for athletes of all levels of sport and yoga experience.

Running and Yoga (2 hours)

In this two-hour session with coach Sage Rountree, author of *The Runner's Guide to Yoga*, we'll examine how yoga and running mesh. Starting with a dynamic yoga warm-up, we'll see how yoga asana helps us with alignment, strength, and flexibility in running. We'll also consider yoga's approach to breath and focus and observe yoga's effect on the runner's experience. Learn running-specific core strength and hip stretches to finish.

Come dressed to run, but expect to run no more than a mile or two total. All levels are welcome.

Yoga for All Athletes (2.5 or 3 hours)

In this workshop appropriate for all levels of yoga and athletic experience, you'll learn poses to increase flexibility, especially in the hips and legs; spend some time cultivating sport-specific core strength and playing with balance; and examine yoga as mental training, learning how incorporating this ancient approach can make you a better athlete. Sage Rountree, author of *The Athlete's Guide to Yoga* and teacher to the University of North Carolina football and men's basketball teams, leads this fun, enlightening workshop. No matter what your sport is, you'll leave with practical ways to incorporate yoga in your training to increase your flexibility, core strength, stability, and physical and mental endurance, while lowering your recovery time and risk of injury. All levels welcome, including beginners.

Yoga for Athletic Recovery (2 hours)

Learning to recover well is the secret to peak performance, because we grow stronger not during our workouts but during our recovery—the time we spend between our efforts. Coach Sage Rountree, author of *The Athlete's Guide to Recovery*, teaches you self-care for better performance. Athletes or anyone in need of downtime will foster their recovery in this workshop, using gentle but deep hip openers and restorative poses to unwind completely. Learn ways to relax for greater efficiency in sport and in life.

AFTERNOON AND ONE-DAY OPTIONS FOR ANY STUDENTS

Yoga for the Hips (2 or 2.5 hours)

Tightness in the hips is a problem for anyone who spends a significant amount of time sitting, whether on a chair, a car seat, or a bike saddle, and this tightness can interfere with mobility in the spine. Join Sage Rountree for a relaxing class focusing on gentle but innovative yoga poses to open the hips, yielding more comfort in both the pelvis and the back. Appropriate for all levels.

Yoga for the Core (2 or 2.5 hours)

Opening tight areas in the body, yoga is a great counter balance and cross training to all sports. Practiced mindfully, yoga can help you avoid injury by fostering a greater awareness of and respect for your limits. Its nonviolent, nonjudgmental approach provides a wonderful counterpoint to competition.

In this session, lead by yoga and Pilates teacher Sage Rountree, author of *The Athlete's Pocket Guide to Yoga*, we'll look at how yoga can build core strength for sports, and specifically for endurance athletes. Expect some surprisingly challenging work, as well as a battery of relaxing stretches and breath awareness exercises.

Yoga for Strength: Build Stamina, Balance, and Force (2 or 2.5 hours)

This two-hour workshop is appropriate both for athletes building strength during the base period and for general fitness aficionados. The poses we'll practice are accessible even to those without much yoga experience. We'll have fun with standing poses, try some balance work, strengthen our core muscles, and play with simple arm balances, before stretching and relaxing. You'll leave with some ideas for ways to include yoga in your strength training at home or in the gym.

Slow-Motion Yoga (2 or 2.5 hours)

Moving slowly can be harder than moving fast. In this workshop, we'll purposefully slow down the standard moves of a flow yoga class to access the small stabilizing muscles that need to engage to keep us safe and strong. You'll discover a new appreciation for transitions and for taking the slow road while finding surprising challenge for your core and hips. Appropriate for all levels.

Building a Playbook: Sequencing for Home and Studio Practice (3 hours)

This session, designed for yoga teachers from any tradition as well as home practitioners eager to keep their practice fresh, will give you concrete techniques to craft sequences that will keep you and your students balanced, healthy, and inspired.

Using a simple framework that makes modification and creative approaches easy and natural, we'll work together to design sequences for every portion of an asana class, from warmups to balance poses to the closing minutes. You'll learn tools to structure balanced, fulfilling sequences no matter what style you teach or practice. Along the way, we'll address *kriya* and *krama*, transitions between poses, and ways to keep the practice fresh. Bring a notebook—you'll leave with a playbook of sequences to keep yourself and your students inspired.

Yoga Nidra: Blissful Rest (1 hour)

In this guided meditation, you'll achieve deep relaxation, making this session a wonderful balance to your active practice. Based in savasana, yoga nidra takes you through the layers of consciousness to access the blissful core of your being. Sage Rountree guides you into a peaceful state similar to sleep, then gently brings you back around. You'll leave feeling refreshed, revitalized, and ready for what comes next.

The Pause That Refreshes: Meditation 101 (1 to 2 hours)

In this primer on meditation, Sage Rountree teaches simple tools for checking in with your innate wisdom. We'll practice easy standing, seated, and reclining meditations to recenter our often scattered minds, align with a calming breath, and prepare to meet whatever is happening moment to moment. Along the way, we'll explore a few easy yoga poses to prepare us for the inner work of meditation.

No experience needed! Just bring an open mind and your questions. You'll leave feeling

peaceful and with a clear idea of how and when to include moments of meditation throughout your day.

AFTERNOON AND ONE-DAY OPTIONS FOR TEACHERS AND TEACHER TRAINEES

The Workshop Workshop (2–3 hours)

Teachers: are you eager to share your favorite topics with your students in workshop format, but unsure about where and how to begin? In this workshop, Sage explains the who, what, where, why, when, and how of creating, locating a home for, marketing, teaching, and refining successful workshops—from one-hour sessions to weeklong intensives to retreats to ongoing series. You'll finish with a fully envisioned offering to benefit both your students and your own career.

The Content Workshop (2–3 hours)

Ready to take your reach beyond the movement classroom? Do you have useful advice to share with your audience, but feel unsure about how to do it and where to start? In the Content Workshop, Sage shows you how to share your gifts with the world by—yes—creating content. In this workshop, we cover finding your niche and platform; outlining, creating, and refining content; placing it where it can do the most good; and pointing people to it. Whether your strength is in photography, videography, or writing, you'll leave excited about a clear plan for envisioning, generating, and promoting your work.

Professionalism for Movement Teachers: The Basics (2–3 hours; can be expanded to a full day)

Even if you teach only one class a week, holding yourself to high professional standards will help your career and your students. Learn Sage's take on mindful promotion, developing a healthy relationship with money and pricing, and creating firm boundaries for good relationships with your management, colleagues, and students. The course will help you recognize your professional strengths and weaknesses, and we'll set goals for building a successful relationship with your teaching as you move forward.

Any of these can be tailored to suit the needs of your student base.

FULL WEEKEND

Full weekends can include a mix of the workshops listed above, or we can work together to design an offering that best suits your needs. Scheduling is flexible; for example, 2.5 hours on Friday, 2 x 2- or 3-hour sessions Saturday, 2.5 hours Sunday.

Yoga for Athletes and Everyone

Many athletes are turned off by yoga because it's too hard, too easy, or out of sync with their training. Over this weekend, coach and teacher Sage Rountree will demystify yoga and explain exactly how it fits with training and competition. Yoga's emphasis on form and breath will translate to increased efficiency and focus in your sport and your life.

In this weekend workshop, appropriate for all levels of yoga and athletic experience, we'll learn poses to increase range of motion and flexibility, especially in the hips and hamstrings. We'll spend some time cultivating sport-specific core strength and playing with balance, and we'll examine yoga as mental training, learning how incorporating yoga's approach to the body and mind can make us better athletes.

Discover how to include yoga in your annual training plan, choosing sequences to complement your training both in season and during the off-season. Practicing the poses and techniques you'll learn in this workshop will increase your flexibility, core strength, stability, balance, and physical and mental endurance, while lowering your recovery time and risk of injury.

Professional Development for Movement Teachers

Whether you are a new or experienced yoga teacher, or instruct in a different movement modality, you'll finish this weekend excited to take your career to the next level. Sage Rountree, PhD, E-RYT, author of *The Professional Yoga Teacher's Handbook* and coauthor of *Teaching Yoga Beyond the Poses*, shows you the steps to define who you are as a teacher, shore up your weak spots, and get clear on how to manage everything from your schedule to your money to students inside and outside the classroom.

Over the course of the weekend, we will do eye-opening work around your purpose as a teacher, where your energy is spent, how much you are earning and could earn, and what your next steps are. Everyone from your studio owner to your colleagues and your students will benefit when you get clear on your role as a professional movement teacher.

Teaching Yoga to Athletes (30 hours/Five Days)

As more and more athletes credit yoga with taking their performance to the next level, the field of yoga for athletes is growing in exciting directions. Specializing in yoga for athletes allows you to share yoga's benefits with a new, receptive population. Sage Rountree, a pioneer in the field, has multifaceted experience as a coach, athlete, and teacher working with endurance-sports athletes and collegiate teams.

This five-day intensive on yoga for sports training is designed for yoga teachers interested in working with athletes of all sports; it will also be useful for coaches, PE teachers, and personal trainers. In lecture, group discussion, led yoga sequences, and practice teaching, we will cover:

- **Philosophy:** learn clear and easy ways to describe yoga philosophy in ways your athletes will appreciate
- **Physiology:** consider the role yoga plays in the context of a training cycle so you can best serve your students
- **Psychology:** understand the needs, abilities, and limitations that athletes bring to a yoga practice
- **Pedagogy:** learn to modify classes for athletes of various sports, differing levels of experience, and all points in the training cycle
- **Profession:** define your business goals, structure a working plan, and embark on a successful career teaching yoga to athletes and everyone

Participants will gain a new awareness of the parallels between yoga and sports training and will leave feeling empowered to teach yoga to athletes in studio, gym, team, or one-on-one settings. The workshop may also be used for CEUs and CECs, including Yoga Alliance contact hours and five USAT CEU credits; contact Sage for details.

This intensive parallels the content of Sage's online course on teaching yoga to athletes. After the training, you can choose to upgrade to a certification track. Upon completion of a take-home exam and submission of a teaching video, participants who are already teaching at the Yoga Alliance 200-hour level or have comparable experience will receive a certification in teaching yoga to athletes. In addition, the certification track includes free access to the online version of the course, which contains resources and specific sequences for working with different sports and needs, as well as ongoing support from Sage and your colleagues.

Sequencing Yoga Classes from Welcome to Namaste (30 hours/Five Days)

Do you feel uninspired or intimidated when you face a room of students, despite your love for the yoga practice? Does your creativity freeze up when you need to modify on the fly? Have you ever taught a class that felt great, then forgotten what made it special? This is the intensive for you! This course, designed for yoga teachers from any tradition, will give you concrete techniques to craft, teach, and reflect on sequences that will keep your students safe, healthy, and inspired. Sage Rountree, your teacher, is the leading expert on yoga for athletes and a prolific author of articles on sequencing for various issues. She has developed a simple, useful approach to keeping students engaged that will help you take your teaching to the next level.

Using a framework that makes modification and creative approaches easy and natural, we'll work together to design sequences for every portion of an asana class, from warmups to balance poses to the closing minutes. You'll learn tools to structure balancing, fulfilling, inspiring sequences no matter what style you teach. Along the way, we'll address *kriya* and *krama*, transitions between poses, clear languaging, and various approaches to modeling and assisting.

The course contains lectures, led practice, workbook exercises, and collaborative teaching. You will never feel uninspired again!

Books

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The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility, and Focus
ISBN 193403004X, retail: \$21.95

The Athlete's Pocket Guide to Yoga: Fifty Routines for Flexibility, Balance, and Focus
ISBN 1934030414, retail: \$15.95

The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance
ISBN 1934030678, retail: \$18.95

The Runner's Guide to Yoga: A Practical Approach to Building Strength and Flexibility for Better Running
ISBN 1934030848, retail: \$19.95

Racing Wisely: A Practical and Philosophical Guide to Performing at Your Personal Best
ISBN 1890586293, retail: \$19.95

Everyday Yoga: At-Home Routines to Enhance Fitness, Build Strength, and Restore Your Body
ISBN 1937715359, retail: \$21.95

Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond
ISBN 1623171438, retail: \$19.95

Teaching Yoga Beyond the Poses: A Practical Workbook for Integrating Themes, Ideas, and Inspiration into Your Class
ISBN 1623173227, retail: \$17.95

The Professional Yoga Teacher's Handbook: The Ultimate Guide for Current and Aspiring Instructors—Set Your Intention, Develop Your Voice, and Build Your Career
ISBN 1615196978, retail: \$19.95