



## Main Module 50 hour Teacher Training

### Dates:

*Saturday from 2:00-7:00pm & Sunday from 1:30-6:30pm*

- January 22<sup>nd</sup> & 23<sup>rd</sup>
- February 5<sup>th</sup> & 6<sup>th</sup>
- February 26<sup>th</sup> & 27<sup>th</sup>
- March 12<sup>th</sup> & 13<sup>th</sup>
- March 19<sup>th</sup> & 20<sup>th</sup>

**\* Please note both the Basic & Advanced Modules are required to receive a 220 hour Certification.**

### Prices:

#### **50 hour Main Module ~ Earlybird Price**

The Earlybird price for the Main Module is \$1,300

A \$500 non-refundable deposit is required by December 11th, 2010 to hold your space in the program and the balance of \$800 is due by January 22nd, 2011.

#### **50 hour Main Module ~ Regular Price**

The regular price for the Main Module is \$1,500 which is due by 1<sup>st</sup> day of the Teacher Training program, January 22nd, 2011. A \$500 non-refundable deposit holds your space in program.

Each weekend is a concentrated course that allows you to go deep into the practice of yoga, enhancing your knowledge and honing your practice in a wide range of topics – from alignment and anatomy to philosophy and meditation. The basic principles of teaching yoga will allow you to start developing and practicing your yoga teaching skills. Most health clubs and some yoga studios will accept this basic training. Additionally, you will be required to do a minimum of 2 hours homework a week, start a home practice and observe 4 hours of classes.

\*If you signed up for the main module you can continue into the Advanced Module for \$1,400 which is due the first day of training.

Monthly Payment option/installments are available please speak with Laurie.

# Complete 220 Hour Certification Program

## Prices:

### **220 Hour ~ Earlybird Price**

The Earlybird price for the total 220 Hour Teacher Certification Program (which includes the Main Module) is \$2,500

A \$500 non-refundable deposit is required by December 11th, 2010.

The next payment of \$1,000 is due by January 1st, 2011.

The balance of \$1,000 due by January 22nd, 2011.

### **220 Hour ~ Regular Price**

The regular price for the total 220 Hour Teacher Certification Program is \$3,000 due by the 1<sup>st</sup> day of Teacher Training, January 22nd, 2011.

A \$500 non-refundable deposit holds place in program.

\*If you signed up for the main module you can continue into the Advanced Module for \$1,400 which is due the first day of training.

Monthly Payment option/installments are available please speak with Laurie.

# Teacher Training Schedule 2010

## 220 Hour Program

(Main Module can be taken independently)

### Main Module 50 hours

With Linda Wissmath

DATE	TOPIC	CREDIT HOURS
<b>1/22/2011</b>	Structure of Program	1
	Asana Practice	2
	Overview of Pedagogy of Yoga	1
	Overview Ayurveda	1
<b>1/23/2011</b>	Asana Practice	2
	3 Gunas	1
	Intro Sequencing	2
<b>2/5/2011</b>	Asana Practice	2
	Intro Bhagavad Gita	1
	Intro Yoga & Anatomy	1
	Precautions/Modifications	1
<b>2/6/2011</b>	Asana Practice	2
	Sutras: Yamas/Niyamas	2
	The Ethics of Touch	1
<b>2/26/2011</b>	Asana Practice	2
	Yoga & Anatomy (common conditions)	2
	What You Bring to Teach	1
<b>2/27/2011</b>	Asana Practice	2
	6 Basic Kriyas	2
	Sequencing	1
<b>3/12/2011</b>	Asana Practice	2
	Know Your Students Repore/Trust	1
	Diet, Tapas, Lifestyle	2
<b>3/13/2011</b>	Asana Practice	2
	Teaching Level 1	2

<b>3/19/2011</b>	Yoga & Anatomy: Common Conditions cont.	1
	Asana Practice	2
	Teaching Intermediate	1
	Types of Teachers/Students (gunas revisited)	1
<b>3/20/2011</b>	Yoga & Anatomy: How to Strengthen	1
	Asana Practice	2
	Yoga & Anatomy: How to Open	1
	The Teachers Path	2
	<b>Total Credit Hours</b>	<b>50</b>
<b>1/22 to 3/20/2011</b>		
<i>Independent Study</i>		
	Practicum Observe 3 levels of classes	4
	Estimated required homework	11
	<b>Total Independent Study</b>	<b>15</b>

## **Advanced Module 170 hours**

Dates & times to be announced