



Main Module 50 hour Teacher Training

Dates:

Saturday & Sunday from 1:30-6:30pm

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

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, 2010.

50 hour Main Module ~ Regular Price

The regular price for the Main Module is \$1,500 which is due by 1st day of the Teacher Training program, January 22nd, 2010. 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.



24421 Walnut Street, Newhall, CA 91321 Call 661.222.7777

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Teacher Training Schedule 2010

Main Module 50 hours

With Linda Wissmath

DATE	TOPIC	CREDIT HOURS
1/22/2010	Structure of Program	1
	Asana Practice	2
	Overview of Pedagogy of Yoga	1
	Overview Ayurveda	1
1/23/2010	Asana Practice	2
	3 Gunas	1
	Intro Sequencing	2
2/5/2010	Asana Practice	2
	Intro Bhagavad Gita	1
	Intro Yoga & Anatomy	1
	Precautions/Modifications	1
2/6/2010	Asana Practice	2
	Sutras: Yamas/Niyamas	2
	The Ethics of Touch	1
2/26/2010	Asana Practice	2
	Yoga & Anatomy (common conditions)	2
	What You Bring to Teach	1
2/27/2010	Asana Practice	2
	6 Basic Kriyas	2
	Sequencing	1
3/12/2010	Asana Practice	2
	Know Your Students Repore/Trust	1
	Diet, Tapas, Lifestyle	2
3/13/2010	Asana Practice	2
	Teaching Level 1	2
	Yoga & Anatomy: Common Conditions cont.	1



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3/19/2010	Asana Practice	2
	Teaching Intermediate	1
	Types of Teachers/Students (gunas revisited)	1
	Yoga & Anatomy: How to Strengthen	1
3/20/2010	Asana Practice	2
	Yoga & Anatomy: How to Open	1
	The Teachers Path	2
	Total Credit Hours	50



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