

## Course

### Teacher Training/ In-Depth Yoga Studies Program

200-hour Program  
January-October 2012

Mind Body Zone is proud to offer a 200 hour Yoga Teacher Training / In Depth Yoga Studies Program. Whether your intention is to deepen your personal practice or obtain the skills and knowledge to become an effective instructor, this program is diverse and non-denominational, covering all aspects of Hatha Yoga. Upon successful completion of the program, one is eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200). The program includes:

#### Techniques- 100 hours

- In-depth study of over 90 asana
- Styles of Hatha yoga
- Meditation
- Pranayama
- Bandhas
- Chanting

#### Teaching Methods- 35 hours

- Asana modification and use of props
- Demonstration and cueing principles
- Designing and sequencing a class
- Hands-on and verbal adjustments
- Business aspects of teaching yoga
- Students' process of learning
- Yoga Therapy
- Effective public speaking
- Teaching Beginners

#### Anatomy & Physiology- 25 hours

- Musculoskeletal
- Joint Mobility
- Respiration and Breath
- Preventing Yoga injuries
- Working with injuries & illness
- Chakras
- Qi and Meridians
- Vayus

#### Philosophy, Lifestyle & Ethics- 30 hours

- 8 Limbs of Yoga
- Yoga Sutras of Patanjali
- Hatha Yoga Pradipika
- Yogic Lifestyle
- Sanskrit
- Ayurveda
- Ethics

#### Teaching and Assisting-10+ hours

### Requirements for Application and Certification:

- Minimum of 2 years personal practice of Hatha Yoga or approval from Director of Teacher Training
- Commitment to continuing practice and spiritual growth
- Completed Program Application
- On-time payment of tuition and application fee
- Attendance of all Teacher Training Meetings
- Successful and on-time completion of assignments, practice and exams

## Primary Faculty

#### **Lynn Cheng Kaylor** E-RYT 200

Techniques, Teaching Methodology,  
Director of Teacher Training  
[www.yogailluminations.com](http://www.yogailluminations.com)

#### **Connie Habash**

Philosophy, Lifestyle, Ethics  
[www.awakeningself.com](http://www.awakeningself.com)

#### **Michelle Duguay**

Techniques, Teaching Methods, Anatomy  
[www.michelleduguay.com](http://www.michelleduguay.com)

#### **Setareh Moafi**

Anatomy, Techniques  
[www.setarehmoafi.com](http://www.setarehmoafi.com)

#### **Jill Leslie**

Ayurveda  
[www.ayurvedaalchemy.com](http://www.ayurvedaalchemy.com)

**Plus many more guest instructors!**

## Tuition

- A non-refundable application fee of \$200 is due upon acceptance to the program.
- Early Bird tuition: \$2,000 paid in full by Nov 30, 2011 (total \$2,200)
- Regular tuition: \$2,200 paid in full by Jan. 27, 2012. (total \$2,400)
- Payment schedule: \$2,400 (total \$2,600). Three \$800 payments due 1/27/12, 4/21/12 and 7/20/12.
- Tuition Refunds-10% service charge, no refunds after Dec. 28, 2011.

Tuition does not cover the cost of a small number of books that are required reading or teaching practicum fees (if any), but does include all listed training sessions, hand outs and 48 free yoga classes at MBZ during the teacher training time period (value of \$576). Subsequent classes during the teacher training duration can be taken at a discounted rate.

## Testimonials

"This Program gave me the tools as well as the confidence to begin teaching immediately after training. One of my greatest compliments came from a seasoned yoga student who commented that I seem to have a lot of experience teaching yoga. This compliment really made me realize how well MBZYTT prepared me to teach in my own unique way." -*Shannon*

"I have taught yoga for many years, and this program has broadened my teaching skills enormously and greatly enhanced my personal practice." -*Julie*

"Meeting one weekend/month provided a perfectly balanced pace; we could absorb lots of information during class time, and then have time to reflect on it, incorporate it into our lives and our yoga practice, and then be excited again when the next weekend of training approached. Retention of the material was easier this way, and there was no feeling of burn-out or being rushed. A great program!" -*Julie*

"Learn from a myriad of master Yoga teachers who share their wealth of knowledge and experience not found in books or journals." -*Shannon*

"a highly recommended, well-rounded agenda providing coverage of all aspects of yoga and related teachings. An excellent opportunity for personal and spiritual growth as well as teaching potential" -*Don*

"...best learning experience by blending lecture, hands on, self-practice, instructor critiques, and lots of optional reading and practice opportunities." -*Caron*

"I received valuable knowledge, inspiration and an unforgettable experience!" -*Su*

"I highly value the wide range of knowledge this teacher training has given me. It has really helped me define my own style as a teacher and thereby feel confident facing classrooms full of students. To anyone looking to prepare yourself to teach, or even just deepen your practice, this is a great program!" -*Marci*

## Meeting Dates\*

**One weekend a month**  
**Saturdays 11:00am-6:00pm**  
**Sundays 10:30am-4:45pm**

(\*Dates/Times subject to change)

- o January 28-29, 2012
- o February 25-26, 2012
- o March 24-25, 2012
- o April 21-22, 2012
- o May 19-20, 2012
- o June 23-24, 2012
- o July 21-22, 2012
- o August 25-26, 2012
- o September 15-16, 2012
- o October 20-21, 2012

In addition, **48 hours** of Hatha Yoga practice are required. Classes and dates are determined by trainee.

## Location



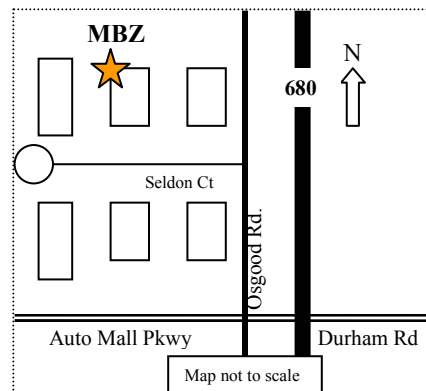
Registered Yoga School

### Mind Body Zone

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510-252-1193

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# 200 Hour Yoga Teacher Training Program

## In-depth Yoga Studies Program

**January-October 2012**



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YOGA PILATES SPA

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