

Details:

Where:

Satyana Yoga in Watertown NY

www.satyanayoga.com

- We are offering both a 200 and a 300 hour training that expands over one or two weekends a month for 10 months.
- Both trainings run on Saturdays and consecutive Sundays once or twice a month from about 9-6; also some Fridays from 7-9
- 200 Hour: February thru September 2018
- 300 Hour: February thru November 2018
- **Tuition:** 300 Hour Early bird: \$3500; One time payment at training \$3700; Installments \$4000
200 Hour Early bird \$2500; Installments \$2700
- Call Mary for more information: 267-252-2389



200 Hour Teacher Training Curriculum

- Practice teaching; receive feedback and confidence
- History and tradition of Yoga Philosophy with study of ancient and modern texts.
- Adjustments and assists and use of props for all levels of practice
- Trishdana: Posture, Breath and Gaze
- Kirtan: Devotional chanting
- A study of the Mythology of Indian gods and goddesses by way of chanting and painting
- Yoga Physiology and Anatomy
- Subtle Bodies and how they correlate with Numerology and Kundalini Yoga
- Ayurveda; Understanding the Doshas and Sub-doshas
- Sanskrit; names of postures and specialty words



300 Hour Teacher Training Curriculum

- Teaching Advanced Asana
- A deepening of Pranayama and Meditation techniques
- History and tradition of Yoga with study of Yogic texts new and old
- Ayurveda Foods, Herbs and Oil therapies
- Kirtan
- Adjustments and Assists for all level including Second Series postures of Ashtanga Yoga
- Alignment & Bandhas
- Practice teaching; receive feedback & confidence
- Mythology, gods, goddesses and Mysore style painting
- Kundalini numerology and the subtle bodies of Yogic anatomy
- Sequencing and structuring your class
- Yoga Anatomy and Physiology

200 Hour

9 weekends @ 18.5 hours each weekend

7 - 9:30 Friday evening= 2.5 hours

1 - 8 Saturday= 7 hours

9 - 6 Sunday = 9 hours

Dates:

Feb 16-18; March 9-11; April 13-15;

May 11-13; June 8-10;

July 13-15; August 10-12; September

28-30; November 2-4

300 Hour

13 weekends @ 18.5 hours ea. weekend

(hours same as above)

Dates:

February 16-18; March 23-25; April 13-15;

May 4-6; June 8-10; July 6-8; August 10-12

& 17-19; September 21-23 & 28-30;

October 19-21 & 26-28; November 2-4