

YOGASPHERE 2018/2019

300 Hour – Yoga Alliance Certified Advanced Teacher Training Program

Integrating Yoga in Life and Teaching

"Let the beauty of what you love be what you do." – Rumi

YOGASPHERE, Registered 500 Hour Yoga School (RYS500), offers an extensive, in-depth 300 hour advanced training program for Yoga Alliance certified teachers. This training will immeasurably add to your foundation and expand the knowledge and tools that you can access to effectively, confidently and creatively teach classes, workshops and private sessions. Our teaching staff is unparalleled in experience, dedication and training, and is committed to guiding each participant toward discovering, manifesting and exceling in their own unique path and interests as a yoga teacher. Upon completion of this program, you will be eligible to become certified at the 500 Hour Level with Yoga Alliance.

YOGASPHERE'S 300 Hour Advanced Teacher Training Program includes 150 hours of Advanced Teacher Training distributed in our Core Program, consisting of 10 intensive weekends over a 12 month period (Sept 2018– June 2019), as well as mentor meeting, practice teaching, class observations and assisting. The remaining 150 hours are accrued in our Elective Program over a 2 year period (2018 – 2020). The electives are scheduled and priced as stand-alone units, allowing each person to select the topics that fit their specific interests, time and price requirements. Participants in the 300 Hour Training will receive a discount of 10% off the price of the electives that are scheduled at Yogasphere. In addition, up to 50 hours of the Elective Program can be obtained at trainings and workshops outside of Yogasphere with pre-approval, as we recognize and support that you may have an area of interest that is not covered in our program.

Register early for immediate savings on workshops!

Tuition*

Core Program (150 hrs)

Early- \$1750: \$900 by Jul 1, 2018; \$425 by Oct 1, 2018;
\$425 by Jan 1, 2019

Full - \$2000: \$1000 by Sept 1, 2018; \$500 by Nov 1, 2018;
\$500 by Jan 1, 2019

Elective Program (150 hrs)

Pay "as you go" depending on electives selected.

*Includes one 20 class card upon registration.

Tuition is non-refundable once the training has started.

Please contact us if a different payment plan is needed.



Nicole Polk Photography

Topics and Dates for Core Weekends*

Weekend Hours: Fridays 6 – 9 pm; Saturdays 1 – 7 pm; Sundays 1 – 7 pm

**Weekend Dates will be confirmed by March 31, 2018:*

Surya I Weekend –Sept 7,8,9 2018 GANESH

Welcome and Orientation /Teaching authentically /Structuring advanced classes and assists /Ganesh Flow, Gentle Ganesh and Tarpanam/Ganesh Practices/Intro to Shree Vidya

Surya II Weekend Sept 21,22,23 2018 CHAKRAS

Subtle Body/Chakra Flow/Tapping Intuition and Creativity in Teaching/ Structuring advanced classes and assists /Pranayama and Kriyas/ Chakra Restorative Practice

Chandra I – Oct 12,13,14 2018 PRENATAL

Prenatal Yoga/Women's Health/ Chandi Nyasa/Yoga Nidra, Pranayama and Meditations

Sadhana I Weekend – Nov 9,10,11 2018 DURGA

Durga Sadhana /Intro to Sadhana and Sanskrit/Durga Flow/Advanced Assisting

Yantra I Weekend – Jan 11,12,13 2019 THERAPEUTIC YOGA

Applying Yoga Therapeutically/ Iyengar Style Approach

Sadhana II Weekend – Feb 22,23,24 2019 BUDDHISM and TARA

Understanding Buddhist Philosophy/ Lojong and Tonglen/ Boddhicitta/ Tara Flow and Sadhana

Chandra II Weekend – Mar 15,16,17 2019 LUNAR PRACTICES

Moon Asana and Salutes/Chandra Energy, Visualizations and Pranayama/ Teaching Full and New Classes/Five Key Practices for Women

Yantra II Weekend Apr 12,13,14 2019 HEALING through YOGA

Trauma Sensitive Yoga/Intro to Yin Yoga/Applying Yoga to Chronic Conditions and Anxiety/ Nyasa/ Lalita Sahasranamam

Sadhana III Weekend – May 3,4,5,6 2019 DAKINI MANDALA

Intro to Emotion Mandala/The Elements, Emotions and Reactivity/ Elements in Asana and Assisting

Yantra III Weekend – May 31, June 1,2 2019 WHOLENESS

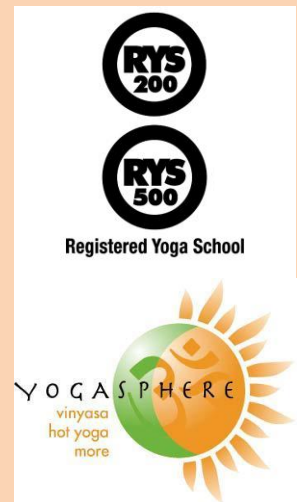
Embracing Shiva/Shakti – Apprentice Workshops

Make Up Weekend – May 10,11,12 in case of weather-related cancellations

Yogasphere Electives (2018 - 2020)*

Yin Yoga ~ Prenatal Yoga II ~ Surya Yoga ~ Energetic Flow – Vedic Astrology ~ Teaching Ganesh Tarpanam and Energetic Practices ~ The Chakra System ~ Soular Power Flow Teacher Training ~ Tibetan Death Practices ~ Applications of Ayurveda ~ Sanskrit Studies ~ Reiki Training ~ Chair Yoga Teacher Training ~ Saraswati River Yoga Lineage Teachings and more!

** Electives are subject to change. Each elective is priced individually, participants in 300 Hour Training receive a 10% discount on cost. Up to 50 hours may be taken outside of Yogasphere with pre-approval.*



*For more information:
email cathyogasphere@gmail.com*

Teaching Staff (E-RYT500):
*Lead: Cathy Frank and Carrie Robb
Senior Instructors: RaeAnn Banker,
Denyse Corelli, John Fagan, Rachel
May, David Pittenger, Susan Sprecher*

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