

# YOGASPHERE 2018/2019

## Teacher Training Certification Program

200 Hour Program \*\*\* Yoga Alliance Certified

### Balance in Life \* Joy in Teaching



Our distinctive 200 Hour Certification program is designed for students interested in a thorough, invigorating exploration of the practices of yoga, which includes asana, meditation, pranayama, philosophy and more. Upon successful completion of the requirements for this program, students will be eligible for certification by Yoga Alliance at the 200 Hour level. We have had many successful teachers emerge from our program since its establishment in 2008 who are currently teaching in the local area! This training explores and strengthens the body and mind, and is taught by certified, experienced teachers from the Yogasphere staff. Our program provides a rich and multi-faceted learning experience from which proficient, radiant teachers emerge. Our early action program allows for reduced class cards and workshop rates through Aug 1 2018, details online!

#### Dates and Times

The training is held on 11 selected weekends from October 2017 through March 2018.  
Fridays 6 – 9pm Saturdays 1 – 7pm Sundays 1 – 7pm  
*Oct 5,6,7; Oct 19,20,21; Nov 2,3,4; Nov 16,17,18;  
Nov 30, Dec 1,2; Dec 7,8,9; Jan 4,5,6; Jan 18,19,20; Feb 1,2,3;  
Feb 15,16,17(Sun makeup date); Mar 1,2,3; \*(Mar 8,9,10 makeup weekend if needed)*

#### Tuition\*

Early Bird (by Aug 1) \$2900; Regular \$3200  
Payment Plans: Early bird: \$1450 by Aug 1 \$1450 by Oct 10  
Regular : \$1500 by Oct 1 \$1000 by Nov 15 \$700 by Jan 15

\*Any cancelation prior to start of training - full refund less \$250 administration fee. No refunds are available once training has started. Includes unlimited voga from Aug 1, 2018 through March 4, 2019 effective when first payment is received.

# Curriculum for Yogasphere 200 Hour Teacher Training Certification

- ❖ asana alignment
- ❖ anatomy and physiology- physical and energetic body
- ❖ verbal and precise hands on assists
- ❖ sequencing
- ❖ asana modifications
- ❖ teaching and accommodating all levels
- ❖ meditation
- ❖ chanting, mantra and mudras
- ❖ pranayama
- ❖ introduction to Tantra and Ayurveda
- ❖ philosophy
- ❖ introduction to Sanskrit
- ❖ ethics and lifestyle
- ❖ therapeutics
- ❖ yoga during pregnancy
- ❖ teaching kids yoga
- ❖ personal mentor
- ❖ practice teaching (teaching sphere)
- ❖ class observations
- ❖ business of yoga
- ❖ unlimited classes at Yogasphere during training
- ❖ graduate support and continuing education opportunities
- ❖ homework and practice assignments
- ❖ 20% off Yogasphere Boutique during training.

## Reading List:

### Required reading:

*Yoga Sutras* - Mukunda Stiles  
*Moving Into Stillness* - Eric Schiffman  
*Anatomy of Movement*- Blandine Calais-Germaine  
*Bhagavad Gita*- Stephen Mitchell  
*Ramayana*- R. K. Narayan  
*Ayurveda: The Science of Self Healing* – Dr. Vasant Lad  
*The Radiance Sutras* - Lorin Roche  
*Restorative Yoga for Life* - Gail Boorstein Grossman

### Highly Recommended Reading:

*Light on Yoga* – B.K.S Iyengar  
*Ashtanga Yoga* - David Swenson  
Any book by Pema Chodron  
*Ayurveda Cooking for Self Healing* – Dr. Vasant Lad  
*Wheels of Life*- Anodea Judith  
*Yoga Mala* – Sri K. Pattabhi Jois  
*A New Earth* – Eckhart Tolle  
*Structural Yoga Therapy* – Mukunda Stiles  
*Yoga Anatomy* - Leslie Kaminoff, Amy Matthews

**For more information and application, visit or contact us at:**

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