

YOGASPHERE 2018/2019

Teacher Training Certification Program

200 Hour Program * Yoga Alliance Certified**

Dynamic Group and Individual Instruction!



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, as well as students who have deepened their practice! 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.

Dates and Times

The training is held on 11 weekends from October 2018 through March 2019,
Saturdays and Sundays 12:30- 6:30 pm.

*Oct 6,7; Oct 20,21; Nov 3,4; Nov 17,18; Dec 1,2; Dec 8,9; Jan 11,12; Jan 19,20; Feb 2,3;
Feb 16,17(Sun makeup date); Mar 2,3; *(Mar 9,10 makeup weekend if needed)*

Tuition*

Total: _	Early Bird (by Aug 21)	\$2900; Regular	\$3200
Payment Plans:	Early bird:	\$1450 by Aug 21	\$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 yoga from Aug 1, 2018 through March 4, 2019 effective when first payment is received.*

Yogasphere 200 Hr Teacher Training

- ❖ asana alignment, modifications, sequencing and assisting
- ❖ anatomy and physiology-physical and energetic body
- ❖ teaching spheres and practice classes
- ❖ video practice guides
- ❖ monthly private sessions to fine-tune your own practice
- ❖ personal mentoring
- ❖ core focus groups for teaching different levels of yoga
- ❖ meditation, pranayama, chanting, mantra and mudras
- ❖ introduction to Ayurveda
- ❖ philosophy and Yogic texts
- ❖ introduction to Sanskrit
- ❖ segments in kids, prenatal, therapy-based and restorative yoga
- ❖ ethics, lifestyle, business applications of yoga
- ❖ unlimited classes at Yogasphere locations throughout your training
- ❖ graduate support and continuing education opportunities and discounts
- ❖ 20% off boutique items and workshops during your 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

Additional 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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