

YOGASPHERE 2019/2020

300 Hour – Yoga Alliance Certified Advanced Teacher Training Program

Integrating Yoga in Life and Teaching

YOGASPHERE, Yoga Alliance registered school (RYS500), offers a valuable training and immersion for yoga teachers and sincere practitioners that want to expand their resources and ability to soar beyond the limitations of the known. Authentic practices, integrated skills, and focused learning are creatively employed to align passion for teaching and life with the capability to succeed in what is important to you.

The Program centers around 150 hours of Training in our Core Program, consisting of 11 weekends over a 10 month period (Sept 2019– June 2020), as well as ZOOM video meetings, specialty asana classes, and the philosophy and practices of Yoga.

* For 200 Hour YA certified teachers, completion of the Core and Elective Programs gives eligibility for certification with Yoga Alliance at the 500 Hour Level. The Elective Program provides the additional 150 hours that are self-selected from accredited workshops and trainings over a 2 year period (Sept 2019 – Sept 2021). The electives are stand-alone units, allowing each person to select the topics that fit their specific interests, with 10% discount for any held at Yogasphere. Up to 50 hours of the Elective Program can be obtained at trainings outside of Yogasphere with pre-approval to ensure they meet the requirements of Yoga Alliance.

* For students and teachers not interested in attaining the 500 Hour YA certification, the Core Weekend Training Program allows for immense personal and professional enrichment, with Yogasphere certification for 150 CE Hours given upon completion.

Interested? Our Early Admission Program allows you to save on applicable workshops and trainings as early as January 1 2019, with acceptance and deposit of \$250 toward the total tuition. Contact cathyogosphere@gmail.com with questions!

Core Program (150 hrs)

Early- \$1750: \$900 by Jul 1, 2017; \$425 by Oct 1, 2017; \$425 by Jan 1, 2018

Full - \$2000: \$1000 by Sept 1, 2017; \$500 by Nov 1, 2017; \$500 by Jan 1, 2018

Full- \$2200: \$500 by Sept 1, 10 mo payments of \$170

Elective Program (150 hrs)

Pay “as you go” depending on electives selected, for those wanting 500 Hr YA accreditation

*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.



Topics and Dates for Core Weekends

Weekend Hrs: Fridays 6 -8 pm; Saturdays and Sundays 12:30 – 5:30 PM

Weekend 1 – Sept 13,14,15 2019 GANESH

Welcome and Orientation /Teaching authentically/Structuring advanced classes /Ganesh Flow

Weekend 2 - Oct 11,12,13 2019 SUBTLE BODY

Subtle Body /Advanced assists and guidance / Chakra Flow and Sadhana/ Pranayama and Kriyas

Weekend 3 – Nov 9,10,11 2019 DURGA

Durga Sadhana/Intro to Sadhana, Sanskrit and Mantra/Durga Flow/Service through Sadhana

Weekend 4– Dec 7,8,9 2019 PRENATAL

Prenatal and Women's Health/ Chandi Nyasa/Specialized Yoga Nidra

Weekend 5– Jan 11,12,13 2020 BUDDHISM and TARA

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

Weekend 6 - Feb 8,9,10 2020 AYURVEDA

Doshas, Understanding Herbs, Food, Lifestyle and Health for Emotional and Physical Balance

Weekend 7 – Mar 7,8,9 2020 LUNAR PRACTICES

Moon Asana and Salutes/Moon Meditations and Pranayama/Teaching Full and New Classes

Weekend 8- Mar 28,29,30 2020 HEALING through YOGA

Restorative Yoga/ Healing Niyasas and Mantra/ Yoga for Stress Relief/Trauma Informed Yoga

Weekend 9 – Apr 17,18,19 2020 DAKINI and EMOTIONS 1

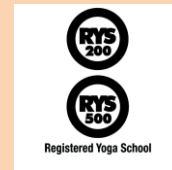
Intro to Emotion Mandala/Understanding the Elements, Emotions and Reactivity/Earth and Water

Weekend 10– May 1,2,3 2020 DAKINI and EMOTIONS 2

Application of the Mandala/ Embodying Liberated Emotions in Life/Space, Air and Fire

Weekend 11 –May 29, 30, 31 2020 WORKSHOPS

Workshops created, designed and presented by trainees <3



Yogasphere Electives (2019 - 2021)*

Yin Yoga ~ Prenatal Yoga II ~ Yoga Retreat ~ Surya Yoga ~ Anatomy Intensives~ Teaching Ganesh Tarpanam ~ The Chakra System ~ Soular Power Flow Teacher Training ~ Tibetan Death Practices ~ Applications of Ayurveda ~ Kids Yoga ~ Reiki Training ~ Chair Yoga Teacher Training ~ Sri Vidya Lineage Teachings ~ Vedic Astrology ~ Advanced Asana Immersions 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.*

*Informational sessions available
upon request, contact us!*

Primary Teaching Staff:
*Cathy Armstrong Frank, E-RYT 500
Carrie Robb, E-RYT 500 and RPYT
With Yogasphere Senior Instructors*

For more information:
www.yogasphere.net

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