

YOGASPHERE 2019/2020

Teacher Training Certification Program

200 Hour Program *** Yoga Alliance Certified

Dynamic Group and Individual Instruction!



Our distinctive 200 Hour Certification program combines 11 training weekends with individual instruction and is designed for students interested in a thorough, integrated exploration of the practices of yoga which includes asana, meditation, pranayama, philosophy and more. We provide group learning to increase community and confidence as well as personalized instruction through private sessions, mentoring, and core focus groups to support your unique needs and direction. 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 instructors emerge from our program who are currently teaching in the local area, as well as students who have deepened their practice and understanding of how yoga can enrich every aspect of life. Additional Early Action Benefits available!

Dates and Times*

The training is held on 11 weekends from October 2019 through March 2020,
Saturdays and Sundays 12:30- 6:30 pm.

*Oct 5,6; Oct 19,20 ; Nov 2,3; Nov 16,17; Dec 7,8; Dec 14,15; Jan 4,5; Jan 18,19;
Feb 1,2; Feb 15,16; Feb 29, Mar 1 *(Mar 7,8 makeup weekend if needed)*

Tuition*

Total: _ 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
 Additional payment plans available upon request!

**Weekend dates will be finalized by March 31, 2019. Any cancellation prior to start of training - full refund less \$250 administration fee. No refunds are available once training has started. Includes unlimited yoga classes from Aug 1, 2019 through March 1, 2020.*

Yogasphere 200 Hr Teacher Training

- ❖ asana alignment, modifications, sequencing and assisting
- ❖ anatomy and physiology of physical and energetic body
- ❖ teaching spheres and practice classes
- ❖ video practice guides prior to each weekend training
- ❖ four private sessions to fine-tune your own practice
- ❖ personal mentoring
- ❖ core focus groups for teaching all levels of yoga
- ❖ meditation, pranayama, chanting, mantra and mudras
- ❖ philosophy and traditional texts of yoga
- ❖ introduction to Sanskrit and chanting
- ❖ introduction to Ayurveda
- ❖ 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 including discounts in C.E. trainings
- ❖ teaching opportunities after graduation in community classes
- ❖ 20% off boutique items and workshops during your training

Reading List:

Required reading:

Bhagavad Gita- Stephen Mitchell
Yoga Sutras - Mukunda Stiles
Moving Into Stillness - Eric Schiffman
Anatomy of Movement- Blandine Calais-Germaine
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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