

# 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 12 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](mailto: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 Hours: Saturdays and Sundays 12:30 – 5:30 PM*

**Weekend 1 – Sept 7,8 2019 DAKINI MANDALA and EMOTIONS I**

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

**Weekend 2 - Sept 28,29 2019 FOUNDATIONAL CLASSES and ASSISTING**

Durga and Ganesh Specialty Classes/ Energetic and Physical Body Assists

**Weekend 3 – Oct 12, 13 2019 SUBTLE BODY**

Subtle Body /Sequencing Advanced Classes / Chakra Flow Specialty Class/ Pranayama and Kriyas

**Weekend 4– Nov 9,10 2019 DAKINI MANDALA and EMOTIONS 2**

Application of the Mandala/ Embodying Liberated Emotions in Life

**Weekend 5- Dec 14,15 2019 PRENATAL and WOMEN’S HEALTH**

Prenatal Classes/ Pregnancy Modifications/ Chandi Nyasa/Specialized Yoga Nidra

**Weekend 6– Jan 11,12 2020 LONGEVITY, DEATH and DYING PRACTICES**

Compassionate Approaches to Living and Dying, Vital Practices for all Stages of Life

**Weekend 7 – Feb 8,9 2020 PRINCIPLES of BUDDHISM**

Understanding Buddhist Philosophy/ Lojong and Tonglen/ Boddhicitta/ Specialized Lojong Class

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

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

**Weekend 9 – Apr 4,5 2020 CHANDI PATH**

Complete Practice of the Chandi Path Text, including applications for healing and protection

**Weekend 10- May 2,3 2020 AYURVEDA and HEALING in YOGA**

Understanding Whole Body for Emotional and Physical Balance, Yoga for Anxiety and Stress

**Weekend 11- May 30,31 2020 MAHA VIDYA PRACTICES**

Dedicated Sadhana Practice with mantra, visualization, nyasa in Maha Vidya Lineage Practices

**Weekend 12 – June 13,14 2020 WORKSHOPS and GRADUATION**

Workshops created, designed and presented by 300 Hour Teacher Trainees.

**Practice Sessions (attend in person live or video/audio afterward :**

**Saturdays 12:30- 1:30 PM** Sept 21, Oct 26, Dec 7, Feb 1, Mar 21, Apr 25, May 16, Jun 20, July 11.

**ZOOM video conference sessions: approx 2/month (attend real time or video/audio afterward)**

## Yogasphere Electives

*Electives are offered throughout the year in a variety of topics to accrue the additional 150 Hours. Each elective is priced individually, participants in 300 Hour Training receive a 10% discount. Up to 50 hours may be taken outside of Yogasphere with pre-approval.*



Registered Yoga School

*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](http://www.yogasphere.net)**

**YOGASPHERE**

**18 Swamp Rd, Newtown, PA 18940**

**883 Bustleton Pike, Richboro PA 18954**

**215-579-6130**

**[cathyogasphere@gmail.com](mailto:cathyogasphere@gmail.com)**