

# YOGASPHERE 2020/2021

## 300 Hour – Yoga Alliance Certified Advanced Teacher Training Program

### Integrating Yoga in Life and Teaching

*"Let the beauty of what you love be what you do." – Rumi*

**YOGASPHERE**, Registered 500 Hour Yoga School (RYS500), offers an extensive, in-depth 300 hour advanced training program for Yoga Alliance certified teachers. This training will immeasurably add to your foundation and expand the knowledge and tools that you can access to effectively, confidently and creatively teach classes, workshops and private sessions. Our teaching staff is unparalleled in experience, dedication and training, and is committed to guiding each participant toward discovering, manifesting and exceling in their own unique path and interests as a yoga teacher. Upon completion of this program, you will be eligible to become certified at the 500 Hour Level with Yoga Alliance.

**YOGASPHERE'S** 300 Hour Advanced Teacher Training Program includes 150 hours of Advanced Teacher Training distributed in our Core Program, consisting of 12 intensive weekends over a 10 month period (Sept 2020– June 2021), as well as practice sessions, and monthly Zoom video meetings. The remaining 150 hours are accrued in our Elective Program over a 2 year period which starts upon enrollment and goes through 2022. The electives are scheduled and priced as stand-alone units, allowing each person to select the topics that fit their specific interests, time and price requirements. Participants in the 300 Hour Training will receive a discount of 10% off the price of the electives that are scheduled at Yogasphere. In addition, up to 50 hours of the Elective Program can be obtained at trainings and workshops outside of Yogasphere with pre-approval, as we recognize and support that you may have an area of interest that is not covered in our program.

**Register early for immediate savings on workshops!**

#### **Tuition\***

##### **Core Program (150 hrs)**

Early- \$1800: \$900 by Jul 15, 2020; \$450 by Oct 1, 2020;  
\$450 by Jan 1, 2020

Full - \$2100: \$1000 by Sept 1, 2020; \$550 by Nov 1, 2020;  
\$550 by Jan 1, 2020

##### **Elective Program (150 hrs)**

Pay "as you go" depending on electives selected.

*\*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 12:15 – 5:45 pm; Sundays 1:15 – 6:45 pm*

*\*Zoom video meeting sessions Mondays 7-8:30 pm, attend real time or via recording*

- Weekend 1 SEPT 12,13**      **GANESH and FRESHNESS**      **Zoom Meeting Sep 21**  
*Welcome and Orientation /Understanding Lineage and Sadhana/ Ganesh Practices and Flow/  
Energetic Assisting 1 Structuring Innovative and Aligned Classes*
- Weekend 2 SEPT 26,27**      **UNDERSTANDING the SUBTLE BODY**      **Zoom Meeting Oct 5**  
*Subtle Body/ Structuring Innovative and Aligned Classes / Chakra Flow/ Pranayama and Kriyas*
- Weekend 3 OCT 17,18**      **LUNAR PRACTICES**      **Zoom Meeting Oct 26**  
*Full and New Moon Salutes/Accessing Lunar Energy/New Moon Class/Lunar Teaching Spheres*
- Weekend 4 NOV 14,15**      **DURGA and POWER**      **Zoom Meeting Nov 23**  
*Shakti and Sanskrit/ Skillful Activism/ Durga Flow and Practices/ Energetic Assisting 2*
- Weekend 5 DEC 12,13**      **YOGA for CHRONIC STRESS CONDITIONS**      **Zoom Meeting Dec 14**  
*Releasing Stress and Anxiety/ Trauma Sensitive Yoga/Restorative Yoga/Guided Relaxations*
- Weekend 6 JAN 16,17**      **PRICIPLES of BUDDHISM and TARA**      **Zoom Meeting Jan 25**  
*Understanding Buddhist Philosophy/ Lojong and Tonglen/ Boddhicitta/ Tara Flow and Sadhana*
- Weekend 7 FEB 13,14**      **PRENATAL and WOMENS HEALTH**      **Zoom Meeting Feb 22**  
*Prenatal and Women's Health/ Chandi Nyasa/Specialized Yoga Nidra/Prenatal Teaching Spheres*
- Weekend 8 FEB 27,28**      **SHIVA and WHOLENESS**      **Zoom Meeting Mar 8**  
*Understanding Shiva/ Teaching and Practicing Meditation/ Forgiveness Practices/Healing Mantra*
- Weekend 9 MAR 20,21**      **AYURVEDIC IMMERSION**      **Zoom Meeting Mar 29**  
*Understanding Doshas/ Health in Teaching Yoga/ Managing Anxiety and Addictive Behaviors*
- Weekend 10 APR 17,18**      **MANDALA of ELEMENTS and EMOTIONS**      **Zoom Meeting Apr 26**  
*The Elements, Emotions and Understanding the Reactive Mind/Elements in Asana and Practice*
- Weekend 11 MAY 15,16**      **MANDALA of ELEMENTS and EMOTIONS**      **Zoom Meeting May 17**  
*Energetic Practices of the Dakinis/Liberating Emotions and Embodying Peace/Elements in Asana*
- Weekend 12 JUN 6,7**      **TRAINEE WORKSHOPS**  
*1.5 Hour Workshops designed and taught by trainees based on a topic from the training.*

## Yogasphere Training Electives\*

Yin Yoga ~ Prenatal Yoga II ~ Surya Yoga ~ Anatomy ~  
Teaching Ganesh Tarpanam ~ The Chakra System ~ Restorative  
Yoga ~ Tibetan Death Practices ~ Applications of Ayurveda ~  
Kids Yoga ~ Reiki Training ~ Chair Yoga Teacher Training ~  
Chanting ~ Sri Vidya Lineage Teachings and more!

*\* List is representative and 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.*



Registered Yoga School

Informational sessions scheduled at 12 pm on:  
Feb 15, Mar 21, Apr 18, May 16  
at Yogasphere Newtown, register online!  
*Individual informational sessions also  
available upon request!*

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

**For more information, contact  
us at:**

**YOGASPHERE**  
**18 Swamp Rd, Newtown, PA 18940**  
**www.yogasphere.net**  
**215-579-6130**  
[cathyogasphere@gmail.com](mailto:cathyogasphere@gmail.com)  
[carrieyogasphere@gmail.com](mailto:carrieyogasphere@gmail.com)