

## 200 HOUR HATHA YOGA TEACHER TRAINING PROGRAM

### Reach Beyond!

Reach Beyond! with your Yoga practice or build a whole new career with Beyond Yoga and Wellness Centre's 200 hour Hatha Yoga Teacher Training.

Our teacher training program is a unique blend of yoga's traditional roots and leading edge training in modern movement that will give you the right knowledge and skills to teach yoga classes that touch participants on a whole new level. Learn to teach accessible, safe and mindful yoga whether you plan on just deepening your personal practice or build a successful career as a yoga teacher.

### Program Overview

- History of Yoga – Traditions and Modern Philosophy
- Ancient Texts and Sanskrit
- The Teaching of Asana
- Modern Postural Movement and Fascial Continuity
- Class Structure and Design Teaching Classes
- Subtle Energetics
- Ayurveda
- Breath and Meditation
- Business of Yoga
- Speciality Classes
- Kirtan and Mantras

### Schedule - 2016

Saturday and Sunday – 9:00 a.m. to 6:00 p.m.

January 9<sup>th</sup> & 10<sup>th</sup>  
February 6<sup>th</sup> & 7<sup>th</sup>  
March 5<sup>th</sup> & 6<sup>th</sup>  
April 2<sup>nd</sup> & 3<sup>rd</sup>  
May 14<sup>th</sup> & 15<sup>th</sup>  
June 11<sup>th</sup> & 12<sup>th</sup>

January 16<sup>th</sup> & 17<sup>th</sup>  
January 20<sup>th</sup> & 21<sup>st</sup>  
March 19<sup>th</sup> & 20<sup>th</sup>  
April 23<sup>rd</sup> & 24<sup>th</sup>  
May 28<sup>th</sup> & 29<sup>th</sup>  
June 18<sup>th</sup>

### Information Sessions

Saturday, September 12<sup>th</sup> – 12:00 – 1:00 p.m.  
Thursday, October 22<sup>nd</sup> – 7:00 p.m. to 8:00 p.m.  
Saturday, November 28<sup>th</sup> – 10:30 a.m. to 11:30 a.m.

### Your Team

#### Carole Houde

Carole is an E-RYT 500 certified Yoga Alliance Yoga Teacher and Yoga Tune Up® Level 1 teacher. She is also a certified Pilates Instructor, Personal Trainer and certified Nutrition Counsellor.

#### Todd Lavictoire

Todd is an E-RYT 200 teacher and has led and participated in more than thirty 200 hour Teacher Trainings. He is a Yoga Tune Up® Master Trainer, has extensive training with Rod Stryker creator of Para Yoga and a top presenter at several conferences.

#### Diane Lanthier

Diane is an E-RYT200 and RYT-500 certified Yoga Alliance Yoga Teacher.

### What's Included?

- Certificate of Completion approved by Yoga Alliance RYT200
- Teaching Yoga and Yoga Sequencing by Mark Stephens
- Handouts
- Mentorship and lots of time to practice your skills
- Four final - 15 minute and 30 minute practicums
- 10 class pass to use during your training
- A set of Yoga Tune Up® Original Therapy Balls

### Tuition Fees

- *Early Bird* - \$2,600.00 before December 1<sup>st</sup>, 2015 (\$250.00 saving)
- *Regular Rate* - \$ 2,850.00 after December 1<sup>st</sup>
- *Refer a friend* to our program and receive an unlimited Yoga membership for the duration of your training. (\$500.00 value)



### FOR MORE INFORMATION & TO REGISTER:

Go to <http://beyondyogaottawa.com/teacher-training/200-hour-ytt/>  
Phone: (613) 591-9642, or Email [choude@beyondyogaottawa.com](mailto:choude@beyondyogaottawa.com)

