

200 HOUR HATHA YOGA TEACHER TRAINING PROGRAM

Reach Beyond!

Reach Beyond! with your Yoga practice or build a whole new career with Beyond Yoga Studio & 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 9th & 10th
February 6th & 7th
March 5th & 6th
April 2nd & 3rd
May 14th & 15th
June 11th & 12th

January 16th & 17th
February 20th & 21st
March 19th & 20th
April 23rd & 24th
May 28th & 29th
June 18th

Information Sessions

Sunday, September 27th – 12:00 – 1:00 p.m.
Thursday, October 22nd – 7:00 p.m. to 8:00 p.m.
Saturday, November 28th – 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 books by Mark Stephens
- Handouts
- Mentorship with lots of time to practice your skills, including four evaluated 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 1st, 2015 (\$250.00 saving)
- *Regular Rate* - \$ 2,850.00 after December 1st, 2015
- *Refer a friend* to our program and receive an unlimited Yoga membership at Beyond Yoga Studio & Wellness Centre 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

