

# B E Y O N D

## YOGA STUDIO & WELLNESS CENTRE



200-hour Hatha Yoga Teacher Training  
Certification Program begins October 19

Here at **Beyond Yoga** we are dedicated to the ongoing development of yoga practitioners and teachers. Our in-depth program provides you with the knowledge and experience you need to:

1. Deepen your practice for personal development: As a self-care and self-inquiry practice, yoga offers an abundance of techniques to better understand our unique path. Rooted in traditional yoga and designed for the contemporary practitioner, our program has been carefully prepared to guide you through a progression that will deepen your relationship with your strengths and inspirations while enhancing physical vitality and beyond; and
2. Provide you with the knowledge and experience you need to share this practice with confidence: Whether you want to teach public classes or you want to include some aspects of yoga to your current offerings our programs will provide you with the knowledge you need to manifest your vision and beyond.

**A Holistic Approach:** Yoga teacher training is an opportunity to enhance your life, therefore, the life of others. During this training, you will have ample practice time so that you can feel your body strengthen, lengthen, mobilize, stabilize and energize while learning to let go of mental holding patterns that limit your potential. Yoga is about self-awareness and from this platform we can teach others to do the same.

As a holistic approach that combines the harmonization of body, mind and emotions to finally experience the beauty of who we really are, yoga is available to all who are willing to invest the time and energy to go within. The more we integrate yoga, the more we know that life is not about finding our purpose, it is rather about living with purpose.

**Your Investment:** Time; Energy; Effort; Reflection; Sweat; Study; Willingness to learning and applying new techniques; Relaxation; and Learning to let go.

**Your Return on Your Investment:** More Time: When we spend time doing what we love, time expands to new possibilities; Increased energy: What we put in, we get back multiplied; Strength and vitality: A better sense of who you are and what you can offer; Lightness of being and natural glow: A softening of the mental edge and a willingness to reduce “seriousitosys”\* ; Connection: A better understanding of the connection between the body, mind, breath and emotions; Increased patience, confidence, understanding and mental clarity; A reduction of inflammation and an increase in ease of body; An inspiring community; and So much more!

\*Seriousitosys — Taking oneself too seriously



**Your Community:** About 50% of students join us for personal development while the other half is preparing to teach. As the program unfolds, this ratio changes.

**Professionals:** Social workers, psychologists, naturopaths, massage therapists, physiotherapists, teachers, personal trainers and fitness experts...If you want to learn more about yoga so that you can further develop your offering for your clients, students or patients, our professional program is for you. With years of experience working with professionals and their clients our program excels in the delivery of practices and techniques that can be specifically applied for optimal results.

**Integration Model:** The Beyond Yoga 200-hour Hatha Yoga Teacher Training Certification Program is purposely offered over the course of a few months allowing you to gradually integrate and apply the information and practices for optimal benefits.

### **200-hour Program Overview:**

Providing you with individual attention and the guidance necessary to integrate the practice, the Beyond Yoga 200-hour Hatha Yoga Teacher Training Certification Program will leave you well rooted in the tradition of yoga. This Yoga Alliance-recognized program provides 180 contact hours and approximately 70 study hours.

### **Program Includes:**

#### **Asanas**

Foundational alignment principles of asana practice (hatha-vinyasa)  
The art and science of sequencing asanas  
o Designing a class focusing on progression, flow and teaching those with limitations  
A holistic approach to teaching asanas for all levels  
o Alignment, props, adjustments, breath, energetics and reading bodies to help students find their unique fit in asana practice  
Cues, language, presentation and the power of the word and tone of voice  
o Developing your own approach

#### **Anatomy**

Functional anatomy and the art of movement  
o Muscles, skeletal, respiratory, nervous, digestive and endocrine



#### **Subtle anatomy**

Kundalini, chakras & koshas  
o You will experience your subtle body

#### **Pranayama**

The mechanics and process of deep breathing from an anatomical perspective plus five traditional breathing techniques with varied benefits.

## **Philosophy and Psychology**

As a science of the mind, yoga offers profound knowledge on the workings of the mind, emotions and provides a grounded approach to spiritual evolution. You will learn about the five waves of the mind, the five afflictions we all encounter and their antidotes, the gunas (cycles of nature) and how to harmonize your unique nature. You will learn the eight limbs as well as foundational teachings to brighten your mind and heart.

## **Meditation**

Rooted in the traditional practice of raja yoga, you will learn the art and science of this traditional and time-tested approach. Through experience you will be able to answer the what, where, when and how of meditation.

## **Sanskrit**

You will learn the alphabet as well as the pronunciation of many yoga postures and mantras.

## **Journaling**

You will learn the four pillars of the great practice of journaling for self-inquiry and manifestation.

## **Ayurveda**

You will understand the foundation of Ayurveda to support your yoga practice, health and vitality and to enhance your teachings; elements, doshas, and more.

## **Kriyas and Nutrition**

You will learn traditional and modern cleansing practices as well as holistic methods to enhance energy and vitality.

## **Business of Yoga**

To be a good teacher is to be a good student. The business of yoga is rooted in the art of the practice. Whether you want to teach your friends and colleagues, you want to add yoga to your current offerings or you want to teach public classes, you will have the knowledge to make it happen.



**Your YTT Weekends:** Each weekend includes time for your practice as well as interactive lectures, workshops and group work.

### Certificate of Completion - Requirements

\*Full attendance and participation in the entire program  
Completion of all homework, final exam and quizzes  
Teaching practicums completed  
Full payment of fees



### Dates and Times 2019/2020

#### Saturday and Sunday 9:00-5:30

October 19-20  
November 9-10 & 23-24  
December 7-8  
January 11-12 & 25-26  
February 8-9 & 22-23  
March 7-8 & 28-29  
April 4-5

Graduation Friday April 10th 6:30PM

### Information Sessions

**Time:** 6:30-7:30PM

**Dates:**

Tuesday June 18; Thursday July 18  
Monday August 12; and Wednesday  
September 18

**Can't make it to the info session?** Contact Sylvie at [sgouin@beyondyogaottawa.com](mailto:sgouin@beyondyogaottawa.com) and schedule a time to discuss the program.

**Ready to register?** You can do so online, over the phone or at the centre.

### Fee Includes:

Training manual (200 pages)  
Inspired Living a Guided Yoga Journal and  
Bite-Sized Yoga for Daily Inspiration books by Sylvie Gouin  
All training (weekend hours)  
Home study projects  
Mentoring  
A ten-class pass at Beyond Yoga and 10% off boutique items for the duration of the program

### Registration is open

**EarlyBird: Save \$250** Register before September 6th 2019 - \$2700.00+HST

**Regular Fee:** \$2950.00 + HST as of September 7th 2019

**Refund Policy:** Refunds available until October 1st 2019 minus \$350 administration fee. As of October 2nd, 2019 no refunds for any reasons.

\* You can miss one weekend and Sylvie will help you make up the time. Any additional time missed will incur a charge. Speak with Sylvie for details.

# Your Teachers



## Sylvie Gouin: Program Director and Lead Teacher



With over 20 years of full-time experience teaching, consulting and presenting on the subject of yoga, Sylvie Gouin is established in the practice of yoga and well-prepared to assist you on your journey. She has been leading yoga teacher training programs since 2007 and as of 2019 has lead 17 recognized certification programs. Her extensive knowledge, experience and enthusiasm to continue and develop her offerings, combined with her dedication to the practice and her students is inspiring and contagious.

Her credentials include E-RYT 500, certified yoga therapist (C-IAYT), a certified Ayurvedic lifestyle specialist, reiki master and registered holistic nutritionist. She has a degree in Holistic Theology and is a member of the Academy of Naturopaths and Naturotherapists of Canada. She is the author of two books on the subject of yoga, a teacher of teachers, a yoga therapist working in private settings ([inspiredlivingwithsylvie.com](http://inspiredlivingwithsylvie.com)) and she regularly contributes to magazines and online publications.

Disclaimer: The yoga therapy component of my practice is not based on my status as an (ERYT) experienced registered yoga teacher with yoga alliance.



## Kimberly Mantas – E-RYT 200 and RYT-500



Kimberly Mantas is a Certified Yoga Therapist (C-IAYT) and a Yoga Alliance (E-RYT 500) certified yoga teacher, specializing in individual yoga therapy, meditation, restorative, nidra, philosophy and ayurveda, and hatha yoga.

As a full-time yoga therapist, teacher, and yoga teacher trainer, Kimberly works with the vast tools of yoga to improve wellbeing and ease physically, emotionally, and mentally through movement, breath, and stillness. She works with a wide range of individuals including those with pain, injury recovery, stress and anxiety recovery, brain injuries, autoimmune disease and issues, nervous systems conditions, and sports performance improvement.

## Diane Lanthier – E-RYT 200 and RYT-500



After retiring 8 years ago and finding her true passion, Diane has been dedicated to extensive yoga training. Diane took her initial 200 hour Hatha Yoga Teacher training in 2006 and then followed a continuous program of learning and development with a Yin certification, training in Vinyasa Flow, Hatha Raja and Yoga Nidra and was the first ‘Yoga for Golf’ instructor in eastern Ontario. In 2014, Diane also completed her 500 hour Yoga Teacher Training and is now a certified E-RYT 200 and RYT-500 certified Yoga Alliance Yoga Teacher.



## Dr. Virinder Kasbia



As a chiropractor for over 19 years she has helped thousands of people overcome injury and adopt a healthy, active lifestyle. Her love of the spine, biomechanics and mobility led her to the study of yoga as a way to keep fit, stay youthful and have fun. She focuses on helping students develop a mindful practice that embraces the importance of a healthy, mobile spine for longevity and wellbeing.



Energy. Focus. Inspired Life. Health. Happiness.



### Join Us

If you're curious about the science and wisdom of yoga and you want to learn how this practice can be included in your day-to-day life so that you can feel energized and have more focus and calm even in the midst chaos, join us. If you want to strengthen and revitalize your body while improving your overall health, join us. If you want to learn how to share this powerful practice with others, join us.



Don't wait until you have the time and energy to include the things you love; Include the the things you love and feel your time and energy expand to new possibilities.

