

BEYOND

YOGA STUDIO & WELLNESS CENTRE



**Beyond Yoga 200-hour Hatha Yoga Teacher Training
Certification Program begins May 11, 2024**

613.591.YOGA(9642) - beyondyogaottawa.com - 3-66 Hearst Way Kanata

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; 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

Designing a class focusing on progression, flow and teaching those with limitations

A holistic approach to teaching asanas for all levels

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

Developing your own approach

Anatomy and physiology

Functional anatomy and the art of movement

Muscles, skeletal, respiratory, nervous, digestive and endocrine systems

Subtle anatomy

Kundalini, chakras & koshas

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.

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 — 2024

Saturdays and Sundays, 12:00 to 6:00 p.m.

Dates:

May 11/12 & 25/26

June 8/9 & 22/23

July 6/7 & 20/21

August 10/11 & 24/25

September 7/8 & 21/22

October 5/6 & 19/20

November 2/3, 16/17 & 23/24

Ready to register? You can do so online,
over the phone 613.591.9642 or contact us
at info@beyondyogaottawa.com

Fee Includes:

Training manual

Bite-Sized Yoga for Daily Inspiration 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

Required book:

The Key Poses of Yoga by Ray Long MD, FRCSC

Save your Space: A \$350.00 + HST non-refundable deposit is required to save your space.

Early Bird: Save \$300 (Pay in full by April 11) \$2950.00+HST

Regular Fee (as of April 12): \$3250.00 + HST

Refund Policy: Refunds minus \$350.00 + HST administration fee are available until April 11, 2024. As of April 12, 2024 No refunds for any reasons.

* If you miss up to one weekend, Sylvie Gouin, director of teacher training and lead teacher will help you make up the time. Any additional time missed will require added training and will incur a charge. Speak with Sylvie for details.



Join Us

If you're curious about the wisdom of yoga and you want to learn how this practice can be included in your day-to-day join us. If you want to learn how yoga can help you feel more energized, focused 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.



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