



## ANATOMY OF YOGA TEACHER TRAINING

### **A comprehensive 200 Hour Teacher Training and Immersion into the traditions of Ashtanga Vinyasa Yoga**

Sun Dog Yoga Studio is proud to offer the exciting **200 Hour Anatomy of Yoga Teacher Training**. We will build on the basic building blocks of the Eight Fold Path of Ashtanga Yoga and move through Yoga Philosophy, Sanskrit, Ayurveda, Teaching Principles and more. This training will give you the skills to become an effective yoga instructor, as well as bring you into a deeper appreciation of the fullness of the yogic path. Our emphasis throughout the training is to teach the power and depth of the Ashtanga Vinyasa Yoga form as passed down by Sri. K. Pattabhi Jois. You will learn in full the form "Yoga Chikitsa", or "Yoga Therapy", the Primary Series of Ashtanga Yoga. We will also introduce you to "Nadi Shodhan", the Second Series of asana in the Ashtanga Yoga Form. And in addition, we will cover a number of Vinyasa Flows, based on the Ashtanga Form.

On a physical level, we will explore asana, safe and effective adjustments and touch, learning to see with a trained eye and feel with your sensitivities. We will cover physical anatomy and physiology with a practical, hands-on approach. In addition, we'll explore energy anatomy, including chakras and nadis, and how these energetic forms relate to our physical body and systems, and vice versa. During the course you will deepen your journey through study of the Yoga Sutras, Pranayama, Meditation, Chanting, Mantra, and basic Sanskrit transliteration as it relates to our experience as teacher. You will be introduced to the ancient wisdom of Ayurveda, and how it relates to your yoga and your life. We will examine how to most effectively create individual yoga sessions, including therapeutic principles and basic bodywork therapy, and how these sessions may differ from teaching in groups. You will be given the guidelines to create the perfect yoga class that expresses what you have to offer, and brings the most out in your students. We will give instruction on Prenatal Yoga and Childrens Yoga. The business and marketing aspects of teaching yoga will be addressed, to help you easily move forward on your journey. Mentoring will be made available at the end of your training, should you need it. Homework will be assigned, as well as teaching assignments outside of our class time, to satisfy the hours needed for certification...and to help you move forward more comfortably as an instructor. There will also be a small number of required books to purchase, not included in your tuition price. The AYT Training will be led by **Shari Simon, ERYT500, Zoe Mai ERYT500, Michael Lear, ERYT500** and additional guest teachers.

**The Anatomy of Yoga Teacher Training covers all of the requirements put forth by the Yoga Alliance for a 200 RYT Certification.  
(Registered Yoga Therapist at the 200 hr. level)**

#### **TRAINING DATES AND TIMES**

##### **2011-2012**

**Fridays, 5:30-8:30pm**  
**Saturdays, 1:00-5:30pm**  
**Sundays, 1:00-5:30pm**

October 7,8,9 and 14,15,16  
November 4,5,6 and 11,12,13  
December 2,3,4 and 9,10,11  
January 6,7,8 and 13,14,15  
February 3,4,5 and 10,11,12  
March 9,10,11 and 16,17,18  
April 13,14, 15 and 20,21,22 and  
27,28,29

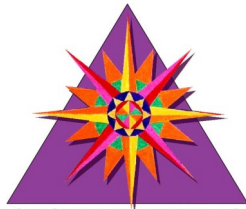
#### **Tuition for the 200 Hour Training is \$2,500.00**

There will be a **non-refundable deposit of \$100** due upon your acceptance into the training. You may pay the rest in full or in six installments on the 10th of each month, beginning October, 2011 and ending in February, 2012. Your tuition will cover all of your trainings and materials for these trainings, with the exception of the cost of a small number of books which will be required reading. **You will receive free unlimited yoga classes at Sun Dog Yoga Studio as part of your tuition fee throughout the entire training.**

To be accepted as a student into the Anatomy of Yoga Teacher Training, we ask that you fill out the Student Questionnaire and attend a minimum of three Ashtanga classes at Sun Dog Yoga with Shari Simon, two of which should our Primary Series Class, as part of being considered for acceptance. We will ask for the \$100 deposit upon acceptance into the training.

## SUN DOG YOGA STUDIO

17 West State Street . Doylestown, Pa . 18901 . 215.230.4031 . [www.sundogyogastudio.com](http://www.sundogyogastudio.com)



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TEACHER TRAINING

## Student Questionnaire

This questionnaire is designed to assist you in focusing on your intentions with regard to **The 200 Hour Anatomy of Yoga Teacher Training**, as well as give us an idea of who you are, and why you have chosen this training. Please take your time, and type your answers on separate sheet of paper, using the # of each question in front of your answer, then attach to this sheet and return to us. All information given in this questionnaire will remain strictly confidential.

PLEASE  
PRINT

Name \_\_\_\_\_

Address \_\_\_\_\_

City, St, Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Email address \_\_\_\_\_

Emergency contact number \_\_\_\_\_

Birthdate \_\_\_\_\_

### QUESTIONS:

1. Why have you chosen this particular training...and why at this time?
2. What do you hope to receive from the Training?
3. Tell us about your "yoga history"...how long have you been practicing, what style(s), with whom?
4. What effect has your yoga journey had on your life so far?
5. What is your intention in teaching yoga to others? IS that your intention?
6. How important a role do you see yoga playing in your life in the future?
7. Give us a brief "history" of your life up to this point ("Cliff Notes" version!)
8. What do you have to bring from your life experience and who you know yourself to be as you move into becoming a yoga teacher?
9. Do you have any physical issues that might impact your experience in the training?

If you have any questions about these questions, please give us a call at 215-230-4031. You must return this sheet with you answers in order to be reviewed for acceptance into the Anatomy of Yoga Training. Thank you!

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