



200-Hour Teacher Certification Training Segments



Deepening Your Asana™ Course

\$1280 plus \$125 books & materials fee

In this course, you will:

- Learn to become your own best teacher or the best teacher you can be for other's
- Develop a keen eye for asana refinement
- Learn the "safety anchors" and key actions™ that unlock the pose within the practitioner
- Be introduced to the art of adjusting and modifying asanas based on you and

your students' specific needs and always from a point of safety



Sacred Life™ Course

\$896 plus \$45 books & materials fee

In this course, you will:

- Explore how the ancient yogic teachings can inform your modern day life and liberate your relationships.
- Cultivate sacred space as you study yogic philosophy based on Patanjali's Eight Limbs, Hatha, Tantra, & Surat Shabda yoga and spiritual principles creating a foundation to gain self-awareness
- Be inspired to look within yourself to your true nature and to help balance your own physical, mental, emotional, karmic, and spiritual qualities
- Realize that yoga is a personal path and that practice, regardless of style, can be

different according to temperament.

**Exceeds all the Philosophy, Lifestyle, and Ethics requirements set forth by the National Yoga Alliance.



Practical Applications™ Course

\$1280

In this course, you will:

- Focus on the art of teaching, learning the principles of correction, instruction, voice & language, and demonstration, while gaining the practical experience of teaching in small groups
- Learn how to modify and teach a safe yoga class for students with knee, lower back, neck and shoulder injuries as well as learn about other contraindications
- Learn about various niche markets of yoga along with learning the business side of yoga

**Only offered to those who have already completed the Deepening Your Asana™ and

Sacred Life™ Courses and would like to complete their teacher training certification

Anatomy & Physiology Weekend Intensive

\$280 plus \$55 books & materials fee

- Recommended to enhance your knowledge of Anatomy & Physiology and how it relates to yoga

**This course is included if you register for the entire 200 Hour Teacher Certification