

Develop a Calm, Clear and Tranquil Mind



You can only become an Registered Yoga Teacher (RYT) if you've graduated from a registered Yoga Alliance school. **Sharing Yoga Teacher Training Program is a Registered Yoga Alliance School.**

You don't need to have a desire to teach Yoga in order to learn about Yoga. It is an interesting philosophy and a healthy, peaceful way of living.

- Even if you don't want to teach Yoga - the program is a great way to deepen your knowledge of Yoga techniques, philosophy and lifestyle
- This is not a program where you learn wicked hard Yoga postures - you learn about Yoga and how to "teach Yoga"
- If you are concerned about not being flexible, strong enough, etc. do not worry - Yoga is not about flexibility, it's about the breath and the mind
- We offer a supportive, SAFE, comfortable environment
- 9 months long, 1 weekend per month, Fri 6-9 PM, Sat and Sun 9AM-5:30 PM. There is a small self study component to the program (required for certification)
- Do it at your own pace - take some sessions in 2010 and others in 2011
- We will teach you how to open your own Yoga business or studio and market it
- Dates for our 2010 teacher training: 3/19-21, 4/16-18, 5/14-16, 6/18-20, 7/16-18, 8/20-22, 9/17-19, 10/15-17, 11/19-21

Our 2010 program is a 200 hour training, meeting all the requirements with Yoga Alliance so you may apply and become a registered Yoga teacher (RYT) upon graduation.

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Total cost of program is \$2400. A deposit of \$100 is required to reserve a spot in the program. Payment plans available - \$275 month for 9 months. 15% early bird discount - register before 3/1/2010 and pay in full (\$2400-15%=\$2040) Interested? If you have any questions please email david @ sharingyoga.com or call 603-630-5576

The 2010 Teacher Training Classes consist of training in the techniques and practice of Asana (Yoga postures), Pranayama (breathing techniques), Meditation, Chanting, Teaching Methodology, Philosophy, Anatomy and Physiology. and includes demonstration, observation, assisting/aligning, individual/group instruction, and discussion on various teaching styles. We will discuss what qualities make a competent yoga teacher, ethical considerations around yoga, and facilitate guidance to individual student learning needs. Topics of study may also include Sanskrit, ancient Yoga texts and teachings. There is a practicum portion of the program where students practice teach within the context of the program, using the skills gained.

Required reading list:

Light on Pranayama - Iyengar

Yoga Sutras of Patanjali - any translation

Ashtanga Yoga - David Swenson

Anatomy of Hatha Yoga - Coulter