

# THE DEEPER STUDIES

# Meditation & Yoga

## 500 Hour Yoga Teacher Training Certificate Program

*To learn the scriptures is easy,  
to live them hard.*

*The search for the Real is  
no simple matter.*

*Ialla*

### **Program Overview:**

This advanced yoga Teacher Training is a rare opportunity for any 200 hour teacher that desires to practice the True Essence of Yoga. A 300 hour mentorship program with an in depth study and practice of Raja Yoga.

Thousands of years ago, the sage Patanjali described the process of yoga towards a higher state of consciousness in his treatise The Yoga Sutras. These teachings can be applied to all aspects of life today. They serve to deepen the relationship to our Self and the Universe.

The Art of Teaching is a form of yoga in itself, requiring sensitivity, compassion and practice. A teacher must encourage and inspire, being sensitive to the needs of individuals as well as a group. This advance training will expand your understanding of your 200 hour training.

### **Yoga Teacher Training Course Curriculum**

This training will emphasize deepening your personal practice, as this is the source for creative instruction. Refine your teaching skills, in a comprehensive study of asana techniques and mechanics.

Explore how to create inspiring classes and workshops. The training will include experiential anatomy, and how to work one on one with each individuals uniqueness.

### **Topics Include:**

1. Asana study
2. Experiential anatomy
3. Pranayama - Principals of breath
4. Restorative yoga
5. Partner yoga

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**The Practical and subtle aspects involved in teaching, to be addressed in this course include:**

1. How to be an effective teacher with students of all levels
2. Use of voice, body language, and languaging
3. The art and science of sequencing
4. Hands-on adjustments and assists
5. Use of props and their purpose

### Yoga Philosophy

1. Selected verses of Patanjali's Yoga Sutras
2. Selected verses of the Bhagavad Gita - The Song Celestial by Ramana Maharshi
3. Naked Song - Poems of Lalla
4. Bhakti in Bhajan singing
5. Practice of Self-Inquiry Meditation w/ Dr. B. Awatramani

**Program Duration: October 2012 through March 2014 ( 18 months)**

**Meeting: The first weekend of the month**

**Days and Times:** Saturday, 1-8pm, Sunday 11-6pm

### Certificate Prerequisites:

Open to 200-hour-certified teachers from any tradition, this 500-Hour Yoga Teacher Training consists of 300 hours of Yoga Alliance-approved content that, when combined with your 200-hour training, completes a 500-hour certification.

100 hours of teaching experience. Note: Your teaching hours can be done prior or during this program.

Total cost of Program \$4,200 (This includes the cost of Special teachers weekend retreat)

**Application with a \$200 deposit** (*goes toward cost of program*)

*Note: \$50 non refundable application fee included in deposit*

**Tuition: \$4,000** - (*all figures are minus the \$200 deposit fee*)

**Tuition: \$3,800** - **If paid in full the start of the program. \$200 Savings!**

### Payment Plan Options (total is balance due minus deposit)

**Option 1** - 4 payments of \$1025 over 6 months period - Total - \$4100

**Option 2** - 10 payments of \$420 over a 12 month period - Total - \$4200