

SHAKTIBODY

300 Hour Yoga Teacher Training 2013



MODULE 1 is Required and includes 4 Weekends (60 hours), 12 Wednesday Evenings (42 hours – note: these are optional and can be made up in electives), 12-week Teaching Mentorship (36 hours), Observe & Assist (5 hours), Teach 2 Community Classes (2 hours), Self-Study (30 hours).

TOTAL HOURS: 175 (includes Wednesday evenings), 135 (does NOT include Wednesdays)

COST: Prepay Modules 1 & 2 \$4500 – BEST OPTION!!!! Prepay by February 2, 2013 ONLY.

Cost in full for Module 1 (includes Wednesday nights):

\$2625 prepaid by February 2, 2013

\$2795 prepaid by March 1, 2013

\$3150 thereafter

Cost in full for Module 1 (not including Wednesday nights):

\$2025 prepaid February 2, 2013

\$2160 prepaid by March 1, 2013

\$2430 thereafter

DATES:

4 Weekends in 2013:

April 12, 13, 14 – Weaving Heart Themes, Metaphor, Empowering Language, Sutras, Philosophy

May 3, 4, 5 – Alignment, Anatomy & Therapeutics to keep your classes safe

June 7, 8, 9 – Art of Adjusting - Verbal Cues, Modifications, Mindful Touch & Hands on Assists

June 21, 22, 23 - Advancing Your Students Practice - Gateways to Advanced Poses

Times: Fridays, 5:30-8:30pm, Saturdays, 1-7pm, Sundays, 12-6pm

12 Wednesdays in 2013 (5:30-9:00pm) - recommended but not required

Anatomy & Asanas from the Ground Up, Break Down of Teaching a Class

April 10, 17, 24

May 1, 8, 15, 22, 25

June 5, 12, 19, 25

PLUS:

- ❖ **12-week Teaching Mentorship** - weekly class design, teaching, review and feedback with mentor (36 hours) - required
- ❖ **Observe 2 classes and Assist 2 classes** (4 total) with Amba or Deb (5 hours) – required
- ❖ **Teach 2 Community Classes** (2 hours) – required
- ❖ **Self Study** (30 hours – minimum!)

MODULE 2 is Required and consist of electives:

125 hours are required if you are taking Wednesday Evenings in Module 1

165 hours are required if you are NOT taking Wednesday Evenings in Module 1

Each weekend offering is generally either 10 or 15 hours.

COST:

Prepay for 125 hours of electives in advance is \$1875.

Prepay for 165 hours of electives in advance is \$2475.

15 hour workshop is \$270, prepay by one week is \$240.

10 hour workshop is \$180, prepay by one week is \$160.

Upcoming Electives Tentative Dates:

September 21, 22, 23	Chair Yoga Teacher Training Level 1
October 12, 13, 14	Sanskrit
October 19, 20, 21	Yoga Therapeutics 1
November 16, 17, 18	Thai Yoga Body work and Partner Yoga
December 7, 8, 9	Pranayama, Yoga Nidra and Restorative Yoga
January 18, 19, 20	Yoga for Special Populations
February 15, 16, 17	Yoga and Essential Oils
March 15, 16, 17	Ayurveda and Yoga
March 30, 31	Yoga Therapeutics 2
April 27, 28	Chair Yoga Teacher Training Level 2
May 18, 19	Elements of Workshop Design

Plus Pre & Postnatal Yoga Teacher Training, The Tattvas, Acro Yoga & more...

Meditation Immersion - recommended (40 hours plus)
Daily Meditation, Journaling and Community Support

COST:

\$720 for all 4 weekends if prepaid by September 15, 2012
Or \$200 per weekend

DATES – 4 weekends, Saturday 1-6pm & Sunday 12-5pm

<i>September 29 & 30, 2012</i>	<i>Meditation Weekend 1 – Stepping into the Flow</i>
<i>November 10 & 11, 2012</i>	<i>Meditation Weekend 2 – Riding the Waves of Grace</i>
<i>February 9 & 10, 2013</i>	<i>Meditation Weekend 3 – Growing a Lotus</i>
<i>June 15 & 16, 2013</i>	<i>Meditation Weekend 4 – Currents of Love</i>

