



A Balanced Approach 200 hour Teacher Training Intensive and Certification

May 25th to June 21st, 2010

Program fees include course manual and taxes for the province of Quebec.

Advanced payment deadline April 5th, 2010: \$2,400.00	Registration with payment after the deadline: \$2,750.00
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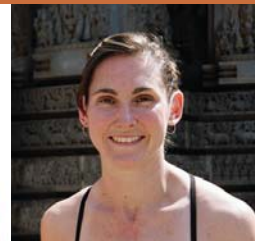
Monday to Friday - 7 am to 4 pm
Saturdays - 8 am to 5 pm
Sundays - May 30 & June 13
10am - 2pm

Subject Matter

- What is yoga and its practices, and how has it transformed over 5000 years?
- Defining personal yoga practice over the short and long term.
- Asana Foundations – Why and how the physical practice relates to breath-work and meditation of Hatha yoga. Concepts will include: “grounded” femurs; the power of opposition; hip openers; standing postures; twists; back bends, and inversions.
- The Art of Vinyasa – breath and movement sequencing to cleanse the body and nourish the nervous system.
- Beginning breath work – the anatomy of breathing, basic breath patterns, sounding/chanting to open breath awareness and basic yogic breathing.
- Ayurveda 101 – Introduction to Ayurveda, the sister science of Yoga, and how this ancient medicine compliments all yoga practices.
- Anatomy and Physiology from the western and eastern perspectives.
- Beginning meditation techniques.
- Teaching skills for the yoga teacher – Combine the wisdom of yoga to understand, create and present classes, which inform, inspire and educate.

**This 200-hour program is registered and certified with The Yoga Alliance of North America.
It fulfills and exceeds the standards for the 200-hour certification**

**Join AYM Directors Eugene Poku,
Allison Ulan, and Jessica Goldberg for this
200 hour Teacher Training Intensive.**



Ashtanga Yoga Montreal

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www.ashtangamontreal.com