

CLASS DATES

January 20 – January 22
February 25 – February 26
March 30 – April 2
April 28 – April 29
May 19 – May 20
June 16 – June 17
July 14 – July 15
August 25 – August 26
September 22 – September 23
October 20 – October 21
November 17 – November 18
December 15 – December 16

SAMPLE SCHEDULE

Saturday	
9am	Asana Practice
10:30am	Techniques
12pm	Lunch
1:30pm	Anatomy
3pm	Methodology
4:30pm	Techniques
6pm	Dismissal
Sunday	
8am	Techniques
10am	Philosophy
12pm	Lunch
1:30pm	Anatomy
3pm	Methodology
5pm	Dismissal

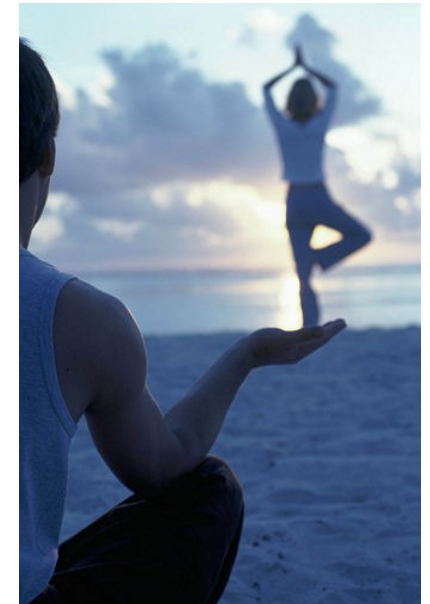
Maggie Rueda, 500 RYT, 200 E-RYT is the director of the teacher training program. Since 2003, Maggie has taught thousands of students in the Farmington Valley area. She is certified with Yoga Alliance through a 200-hour training in Embodiyoga and she completed her 500-hour teacher training in the lineage of Rod Stryker's ParaYoga. In her former corporate life, Maggie trained employees on a variety of topics, giving her a solid background in teaching adults. She infuses her teaching with humor, joy, expertise, and compassion, enabling her students to thrive and grow under her care.

Shelley Dungan, 200 RYT, owner/director of **Valley Yoga and Healing Center** in the heart of Simsbury, Connecticut, stumbled into her first yoga class in 2001. She was exhausted from trying to control the "uncontrollable" in her life, and from day one she realized she had found something profoundly transformative and was immediately hooked. Today, Shelley is a knowledgeable, caring, and inspiring teacher who shares her passion for abundant living in the yoga classes and workshops she teaches. Shelley received her 200-hour RYT at Sacred RiversYoga.

Classes taught at
Valley Yoga and Healing Center
730 Hopmeadow Street
Simsbury, CT 06070



Maggie Phone: 860-680-1482
E-mail: mrueda@journeyofyoga.com



TANTRIC VINYASA YOGA TEACHER TRAINING 2012

Free Information Sessions
Friday, October 14 at 6pm
Saturday, November 12 at 10:30am



JOURNEY OF YOGA TEACHER TRAINING

This 200 hour Yoga Teacher Training (YTT) course is designed to provide students with a foundation for healthy, holistic, and joyful living. Students seeking to become teachers, current teachers with or without previous training, and students who simply desire to enhance their practice and deepen their overall understanding of yoga will find this course comprehensive, inspiring and practical.

Our program is certified with Yoga Alliance. Through our comprehensive classes, you will learn to:



- Deepen your own practice, enhance your health, and stay present in your life.
- Design and teach classes that combine an overall therapeutic focus with a safe sequencing of postures.
- Integrate sound alignment principles and provide safe adjustments.
- Provide modifications for beginning, injured, or intermediate level students.
- Develop your own style and voice by accessing the teacher within you.
- Market yourself effectively and get started as an instructor.

CURRICULUM

Following is a list of topics that will be covered in the 12 month training.

- Alignment Principles
- Anatomy and Physiology
- Asanas
- Assisting
- Ayurveda Overview
- Bandhas
- Bhagavad Gita
- Business of Yoga
- Chakras
- Chanting
- Ethics
- Hands On Adjustments
- Home Practice
- History
- Kundalini
- Lesson Planning
- Mantras
- Meditation
- Mudras
- Nidra
- Nutrition
- Pathology and Injuries
- Philosophy
- Pranayama
- Relaxation
- Sanskrit
- Sequencing Classes
- Student Teaching
- Sutras of Patanjali
- Tantra
- Therapeutic Yoga
- Women's Issues (pregnancy, menstruation, and menopause)
- Yamas and Niyamas

STUDENT REQUIREMENTS

In order for our students to get the most out of their training, we require them to commit to the following:

- Attend the entire 12-month program.
- Practice meditation 15 minutes a day.
- Practice asana ½ to 1 ½ hours per day.
- Daily journal writing to record above practice.
- Create flashcards for learned asanas.
- Several 1-2 page book reports.
- Attend 2-3 different level yoga classes between each weekend and write up evaluations.
- At least 12 hours (outside of class) of unsupervised student teaching.
- Nine required textbooks plus additional reading.
- Six hours as assistant teacher in classes.

APPLICATION PROCESS

1. Call Maggie Rueda to discuss your interest and eligibility: **860.680.1482**
2. If you and Maggie agree the class is right for you, reserve your place with a deposit of \$500 and a completed application.
3. Please note that after you are accepted into the program, deposits are nonrefundable.

TUITION

The investment for the 200-hour YTT course is \$2800 (plus CT sales tax), cash or check.

Discount Option: 10% discount if paid in full by December 15, 2011.

Payment Plan Option: Non-refundable deposit of \$1100 due by December 15, 2011 and 6 payments of \$200 per month from January 1 – June 1, 2012.