



LOVE YOGA?

Deepen your own practice while learning to teach others.

200 Hour Certification Teacher Training Program at Red Sun Yoga

Facilitated by Jeanne Laslo, MA, E-RYT and Joni Giconi, RYT



12 week program

January 27 - April 25

2 five day sessions

Session I January 27 - 31 • 8 AM - 7 PM

Session II April 21 - 25 • 8 AM - 7 PM

Every other Friday in between sessions

Beginning, Friday, February 12 • 7:30 - 9 PM

Every other Saturday between sessions

Beginning, Saturday, February 6 • 11 AM - 4 PM

Curriculum Includes:

- Asana Techniques & Adjustments
- Pranayama & Meditation
- Ethics & Lifestyle
- Knowledge of the Universal Principles of Yoga
- Anatomy & Physiology
- Chakra System - Balance and Harmony
- Teaching Methodology
- Business of Yoga

Between 5 Day sessions you will:

- Evaluate 11 Hatha Level I classes
- Observe 3 Hatha Level I classes
- Complete and present a research paper
- Complete Reading and Homework Assignments
- Team Teach a Hatha Level I class

Tuition

\$2,500

Includes the entire course of study: lectures and classroom instruction, teacher training manual and complimentary Hatha Level I classes during the entire training. The full tuition must be paid before the first class or a payment plan can be arranged with a 5% service charge.

Registration

Submit your completed teacher training application (found on line or at the studio) for approval. Once the application is approved, your \$500 deposit will be accepted.

**SAVE \$200 - PAY \$2300 IN FULL BY DECEMBER 1ST.
ENROLLMENT IS LIMITED.**

Yoga Teacher Training of Central Florida
Teacher Training Schedule - Spring 2010

Wed., January 27 – Sun., January 31 - First Session of Teacher Training – 8 am to 7 pm
Wednesday-Saturday at the Hilton Garden Inn-Alafaya Trail & Sunday at Red Sun Yoga

Hatha Level I Classes on Friday Evenings – 7:30-9:00 pm at Red Sun Yoga

February 12	Hatha Level I Class
February 26	Hatha Level I Class
March 12	Hatha Level I Class
March 26	Hatha Level I Class
April 2	Hatha Level I Class

Hatha Level I Class - Team Teaching - Saturdays – 11 AM to 4 PM at Red Sun Yoga

February 6	Hatha Level I Class – Research Paper Presentations – Team Teaching
February 20	Hatha Level I Class – Research Paper Presentations – Team Teaching
March 6	Hatha Level I Class – Research Paper Presentations – Team Teaching
March 20	Hatha Level I Class – Research Paper Presentations – Team Teaching
April 3	Hatha Level I Class – Research Paper Presentations – Team Teaching
April 17	Hatha Level I Class – Research Paper Presentations – Team Teaching

Wed., April 21 – Sun., April 25 – Second Session of Teacher Training – 8 am to 7 pm
Wednesday-Saturday at the Hilton Garden Inn-Alafaya Trail & Sunday at Red Sun Yoga