

## Why YogaNow?

### It's the Apprenticeship.

The program is designed so that you, the student, is supported and safe to grow and learn. We use the text *Vital Yoga: A Sourcebook for Students and Teachers* which was developed specifically for this program. Private consults, relationships with the other students and faculty, all create a community where shift does happen.

## Why YogaNow?

### It's the Faculty.

The teachers bring joy and expertise to the students culled from a variety of traditions and styles: Iyengar, Ashtanga, It's Yoga, Anusara, Integral Yoga, Vanda Scaravelli, Kripalu, and Ayurveda. The teachers are dedicated to meeting the students where they are and instructing with clarity, compassion, expertise and integrity.

**Meta Hirschl:** e-500 RYT, School director

**Cypresse Emery:** e-500 RYT

**Aparna Levine:** 200 RYT

**Tejal Murray:** 500 RYT

**Pierre Couvillion:** e-RYT 500 hr, Sanskrit & Yoga

**Valerie Berg:** certified Rolfer and functional anatomy specialist

## Vital Yoga

A SOURCEBOOK  
FOR STUDENTS AND TEACHERS



included  
with tuition

## YogaNow योगाथ Teacher Training Apprentice Program and Personal Enrichment

Both 200 hr and 500 (300) hr Registered Yoga Teacher (RYT) programs offered in 2011-2012 session.

Live Yoga, Teach Yoga.

### Share Your Love of Yoga

At YogaNow, you'll be part of an invigorating program...to grow personally and share your passion. You don't have to want to be a teacher; you just have to want to learn more about yoga for transformation. You may want to teach in a formal setting or you may just share the yoga by living it as completely as you are able.

### 200 HR Registered Yoga Teacher

- **Six Months:** October 2011 – March 2012
- **Apprentice Sessions Sundays:** 5 hrs, noon-5 pm
- **Weekend Intensives:** each month, 15 hrs Fri eve/Sat/Sun
- **Public Classes at YogaNow:** weekly class
- **Private Consults:** discuss your progress, questions, explorations
- **Practice teaching in the classroom setting**

### 300 HR Registered Yoga Teacher

with your 200 Hr RYT (from any Yoga Alliance Registered Yoga School) this advanced 300 hr program gives you the highest and most respected level of training.  
(200 hr + 300 hr = 500 hr RYT)

- **Nine Months:** July 2011 – March 2012
- **Weekly Tuesday evenings,** 6:30 - 9:15
- **Monthly Intensive Friday eve/Sat/Sun**
- **Public Classes at YogaNow:** weekly class
- **Private Consults:** discuss your progress, questions, explorations
- **Practice teaching in the classroom setting**

### Enroll Now

Call or email for a schedule of dates, the YNTTAP Mission Statement, the book list and an application. \$800 deposit (non-refundable) to hold your space. Tuition includes:

- All Sessions and Weekend / Monthly Intensives
- Private Consults
- Weekly Public class
- Required Texts

### Tuition

**200 hr RYT:** \$2800 in one payment

Deadline for application submission: Sept 1, 2011

**300 hr RYT:** \$3600 in one payment

Deadline for application submission: June 1, 2011

Monthly and midpoint payment options available.

**Questions? Contact us:**

**232-4717, [info@yoganow.org](mailto:info@yoganow.org)**

YogaNow is a Yoga Alliance Registered  
Yoga School (RYS)\*

\*Yoga Alliance is the national accreditation body for  
Yoga teachers in the US

