



Garuda Mudra, Japanese Garden, Albuquerque BioPark

Yoga Darshan/Yoga School: Workshops 2011, 2-5 pm

- Yoga and Asthma: A Whole Life Approach - 5/14
- Design Your Sadhana/Personal Practice - 6/11 & 6/12
- Partner Yoga, Poses of Exploration - 6/25
- Breaking the Habit: Yoga for Addictions - 7/16
- Yoga for Weight Loss 1 - 7/23
- Introduction to Ashtanga Vinyasa Yoga - 8/21



The Path of Yoga

Join a community to give yourself an intensive learning experience: an immersion in your yoga and in your life. The YogaNow Teacher Training Apprentice Program offers you a path into the depth and breadth of yoga through a variety of approaches:

STUDY the great ancient texts and current commentaries on yoga philosophy aided by lecture, discussion and exploration through writing.

LEARN the poses in depth for yourself, the details of alignment, the use of props and adjustments, and then how to teach the poses, including the art of connection and communication, how to pace and sequence a class.

CULTIVATE the breath and discover the power of mudras (gesture of the hands).

STUDY yoga therapy, learn to read bodies understanding basic anatomy and physiology.

DISCOVER the power of vibrational healing with chakras, chanting and intention.

PRACTICE meditation techniques and strategies.

DEVELOP your own personal practice that serves you and works in your life.

EMBRACE Techniques for Training and Practice, Teaching Methodology, Anatomy and Physiology, Yoga Philosophy, Lifestyle and Ethics, and Practicums

What graduates say:

"I felt very insecure about my ability regarding asanas in the beginning. I was really nervous about the program, and if I would fail miserably. It's been very exciting to feel myself getting so much stronger and more confident just in the past three months, and then to thoroughly find so much joy (instead of discouragement). Also, I feel accepted and encouraged in the program, and that's very important to me. I can't thank you enough for all the joy you've brought into my life. (Robin Bartee)"

"For someone who is looking for a teacher training that defines the 'true' yoga as this style or that style, this program is not for you. If, on the other hand, what you're looking for is an experience that explores the vast dimensions of yoga, its origins, the ancient texts, the philosophy, the vast gamut of the practices of yoga asana (poses), meditation, breathing techniques, the use of mudra and mantra, as well as an in depth study of the anatomy, detailed teaching methodology and even Sanskrit, then this is what you'll find in the YogaNow teacher training."

This 200 hour teacher training over the course of 6 months covers a lot of material with a strong emphasis on how to teach yoga asana and cultivating a deeper personal relationship with yoga asana, pranayama (breathing techniques), mantra, mudra, and meditation. I also discovered on a very personal level how the physical dimensions of yoga and the philosophical/spiritual dimensions go hand in hand – instilling even greater meaning and motivation to my practice. (Andrew Jandáček)"

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YogaNow

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**TEACHER TRAINING
APPRENTICE PROGRAM
& PERSONAL ENRICHMENT**

2011 - 2012

