



Shakti Body Yoga Teacher Training



Part 1 is an Immersion which can be taken alone by those who are only interested in deepening their Yoga practice.

Part 2 is for those who would like to continue to learn, and share with others, becoming a Certified Yoga Teacher.

Teaching yoga is one of the most honorable ways to serve a community today.

Course Intention:

To give students a thorough understanding of yoga that can be fully experienced and expressed in their daily life.

To give students all the tools needed to teach with clarity, compassion and confidence.

To guide and encourage students to discover their brilliance and individuality as teachers in this life-affirming practice.

***“By learning you
will teach, by
teaching you will
understand.”***

Latin Proverb

Every student who joins the program will have the opportunity to find their own voice and style of yoga teaching. Students are not only trained to lead an inspiring class, but are encouraged to uncover their unique calling as a yoga teacher. One past graduate had a calling to teach children, another was inspired by an Ashtanga practice and focused on empowering young women to love and respect their bodies, and another graduate used her certification to enhance her profession as a social worker.

The teacher training course has two parts. Prerequisite: It is recommended that you have at least 50 hours of classroom practice. Part I of the curriculum has been designed for those students who wish to dive deeper into the study of yoga and bring this study and practice into their daily life. Part II is for those wishing to continue the journey of becoming a yoga teacher.

- 10 complimentary yoga classes at Shakti with Anna or Deb
- Weekly homework assignments
- Weekly Q&A with teacher and group via Internet and forum
- Self study & elective study
- Practice Teach, Final Teach, Community Teach
- 15% discount on Shakti Workshops during & after training



Certification: Provides the 200-hour Yoga Alliance requirements.



In-Depth Study of the Following:

- **Asana** -- fundamentals, as well as more advanced instruction
- **Pranayama** -- the art of breathe
- **Meditation** -- weekly meditations
- **Chanting** -- scriptural chants, bhajans of poet-saints
- **Sanskrit** - the language of yoga
- **Chakras** -- their relationship to your body, your life and yoga poses
- **Philosophy** -- Sutras, Yama/Niyama, Bhagavad Gita, Ayurveda, Tantra
- **Ayurveda** - holistic approach to living
- **Anatomy** -- how the inside relates to the outside
- **Observing & Assisting** -- clear observation and inspiration through touch
- **Designing a Class** -- well-rounded with theme and sequencing
- **Art of Effective Teaching** -- focus, voice, intention, attitude, engagement
- **Props & Modifications** -- when and how to use them in class
- **Practice Teaching and Assisting** -- weekly hands on practice

Dates for Fall/Winter 2010/2011 Yoga Teacher Training:

6-Weekends: Friday 5:30-8:30pm, Saturday 1-7pm and Sunday 12-6pm

1st Weekend ~ October 1, 2 & 3

2nd Weekend ~ November 5, 6 & 7

3rd Weekend ~ December 3, 4 & 5

4th Weekend ~ January 7, 8 & 9

5th Weekend ~ February 4, 5 & 6

6th Weekend ~ March 4, 5 & 6

23 Wednesdays, 5:30-9pm

October 6, 13, 20 & 27

November 3, 10, 17

December 1, 8, 15

January 5, 12, 19 & 25

February 2, 9, 16 & 23

March 2, 9, 16, 23 & 30

Final Teach: March 28 – April 1. *These times and dates may fluctuate.*

Cost:

Part I - Merging into Yoga - \$1995 (Prerequisite - 50 hours of yoga practice)

Part II - The Art of Teaching - \$1995

Parts I and II- \$3700 (save \$290)

The cost of the course includes the manual and 10 free yoga classes at Shakti Yoga. If you are studying with a teacher that you love, you are encouraged to continue your weekly practice with the teacher and style of your choosing.

Discounts:

Tuition is \$3250 when paying by August 11 (**save \$740**)

Tuition is \$3400 when paying by September 15 (**save \$590**)

Payment plans available. Contact Debbie Kurilla at bodyoflightyoga@aol.com or Anna Winkler at anna@shaktinj.com for more information.

Comments and quotes

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." William Arthur Ward

Thanks for being a great teacher - **Class of 2004**

"The YTT program at Shakti Body exceeded every expectation I had! The serendipitous road I travelled to this YTT program led me to EXACTLY where I needed to be. Deb and Anna offer exceptional experience and guidance on your path to a deeper practice and preparation to share your passion with others." **Anne, 2009**

"Shakti Body's teacher training is an ideal way to become certified for people that appreciate a smaller class size and a personal relationship with their instructor. Debbie and Anna made themselves available and approachable to us in every way and they clearly have a light inside of them they wish to pass on. The well-rounded course matter also left me feeling very prepared and excited to share who I am as a teacher and what I've learned with the students who will be brought my way." **Valerie, 2009**

I loved the course—it introduced many new ideas and concepts to me, reinforced beliefs and I really feel like I've grown as a person. I feel confident and comfortable to teach class. Thank you!" **Laura, 2004**

"I think this was a spiritual journey and it flowed very natural in that direction." **Illona, 2006**