

## Course

### Teacher Training/ In-Depth Yoga Studies Program

200-hour Program  
January-October 2017

Mind Body Zone is proud to offer a 200 hour Yoga Teacher Training / In Depth Yoga Studies Program. Whether your intention is to deepen your personal practice or obtain the skills and knowledge to become an effective instructor, this program is diverse and non-denominational, covering all aspects of Hatha Yoga. Upon successful completion of the program, one is eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT-200). The program includes:

#### Techniques- 100 hours

- In-depth study of over 90 asana
- Different styles of Hatha yoga
- Meditation
- Pranayama
- Chanting
- Prenatal Yoga

#### Teaching Methods- 35 hours

- Asana modification and use of props
- Demonstration and cueing principles
- Designing and sequencing a class
- Hands-on and verbal adjustments
- Business aspects of teaching yoga
- Students' process of learning
- Yoga Therapy
- Effective public speaking
- Teaching Beginners and Mixed Levels

#### Anatomy & Physiology- 20 hours

- Musculoskeletal
- Joint Mobility
- Respiration and Breath
- Preventing Yoga injuries
- Working with injuries & illness
- Chakras
- Qi and Meridians

#### Philosophy, Lifestyle & Ethics- 30 hours

- 8 Limbs of Yoga
- Yoga Sutras of Patanjali
- Yogic Lifestyle
- Sanskrit
- Ayurveda
- Ethics

#### Teaching and Assisting-15+ hours

## Requirements for Application and Certification:

- Minimum of 2 years personal practice of Hatha Yoga or approval from Director of Teacher Training
- Commitment and openness to continuing practice and spiritual growth
- Completed Program Application with letter of referral from a Yoga Teacher
- On-time payment of tuition and application fee
- Attendance of all Teacher Training monthly sessions
- Successful and on-time completion of assignments, practice and exams

## Primary Faculty

**Lynn Cheng Kaylor** E-RYT  
Techniques, Teaching Methodology,  
Director of Teacher Training  
[www.yogailluminations.com](http://www.yogailluminations.com)

**Linea McPherson** E-RYT  
Techniques, Teaching Methodology  
**Rev. Connie Habash** MA, LMFT  
Philosophy, Ethics  
[www.awakeningself.com](http://www.awakeningself.com)

**Setareh Moafi** L.Ac, RYT  
Anatomy, Techniques  
[www.setarehmoafi.com](http://www.setarehmoafi.com)

**Grace Kendrick**, CAS, CYT, RYT  
Ayurveda  
[www.mindfulmamayoga.com](http://www.mindfulmamayoga.com)

**Plus many more guest instructors!**

## Tuition

- A non-refundable application fee of \$200 is due upon acceptance to the program.
- Early Bird tuition: \$2,000 paid in full by Nov. 28, 2016 (total \$2,200)
- Regular tuition: \$2,200 paid in full by Jan. 28, 2017. (total \$2,400)
- Payment schedule: \$2,400 (total \$2,600). Three \$800 payments due 1/28/17, 4/29/17 and 7/22/17.
- Tuition Refunds-10% service charge, no refunds after Dec. 28, 2016.

Tuition does not cover the cost of a small number of books that are required reading or teaching practicum fees (if any), but does include all listed training sessions, hand outs and 48 free yoga classes at MBZ during the teacher training time period (value of \$576). Subsequent classes during the teacher training duration can be taken at a discounted rate.

## Testimonials

"This program allowed me to explore the abundant facets of yoga at a steady and practical pace. The support and insight I received thoroughly prepared me to pursue this profession." -*Laura*

"I have taught yoga for many years, and this program has broadened my teaching skills enormously greatly enhanced my personal practice." - *Julie*

"Meeting one weekend/month provided a perfectly balanced pace; we could absorb lots of information during class time, and then have time to reflect on it, incorporate it into our lives and our yoga practice, and then be excited again when the next weekend of training approached. Retention of the material was easier this way, and there was no feeling of burn-out or being rushed. A great program!" -*Julie*

"This training introduced me to the heart of yoga and changed not only my career path, but the path of my life." -*Audrey*

"extremely organized, well thought out and exposes you to the whole spectrum of yoga knowledge. The things I learned just continue to unfold every day with new and deeper meaning in my life." -*Molly*

"The post training support has also been so amazing and extends beyond the 10 months of training. I always know I can contact any of the faculty if I have an idea or question." -*Carole*

"a highly recommended, well-rounded agenda providing coverage of all aspects of yoga and related teachings. An excellent opportunity for personal and spiritual growth as well as teaching potential!" -*Don*

"...best learning experience by blending lecture, hands on, self-practice, instructor critiques, and lots of optional reading and practice opportunities." - *Caron*

## Session Dates\*

**One weekend a month**  
**Saturdays 11:00am-6:00pm**  
**Sundays 10:30am-4:45pm**  
(\*Dates/Times subject to change)

- January 28-29, 2017
- February 25-26, 2017
- March 25-26, 2017
- April 29-30, 2017
- May 20-21, 2017
- June 24-25, 2017
- July 22-23, 2017
- August 19-20, 2017
- September 23-24, 2017
- October 28-29, 2017

In addition, **48 hours** of Hatha Yoga practice are required. Classes and dates are determined by trainee.

## Location

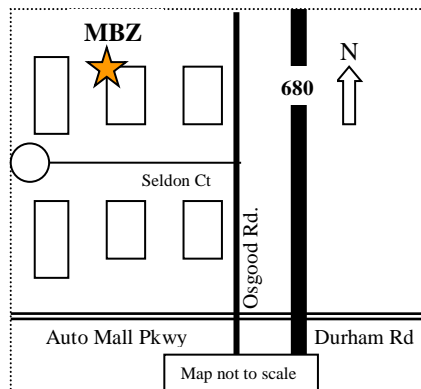


Registered Yoga School

### Mind Body Zone

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Fremont, CA 94539  
510-252-1193

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# 200 HOUR YOGA TEACHER TRAINING PROGRAM ~ IN-DEPTH YOGA STUDIES PROGRAM January-October 2017



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YOGA PILATES SPA

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