



ANATOMY OF ASHTANGA YOGA

A comprehensive 200 Hour Teacher Training and Immersion into the traditions of Ashtanga Vinyasa Yoga

Sun Dog Yoga Studio is proud to offer the exciting **200 Hour Anatomy of Ashtanga Yoga Teacher Training**. We will build on the basic building blocks of the Eight Fold Path of Ashtanga Yoga and move through Yoga Philosophy, Sanskrit, Ayurveda, Teaching Principles and more. This training will give you the skills to become an effective yoga instructor, as well as bring you into a deeper appreciation of the fullness of the yogic path. Our emphasis throughout the training is to teach the power and depth of the Ashtanga Vinyasa Yoga form as passed down by Sri. K. Pattabhi Jois. You will learn in full the form "Yoga Chikitsa", or "Yoga Therapy", the Primary Series of Ashtanga Yoga. We will also introduce you to "Nadi Shodhan", the Second Series of asana in the Ashtanga Yoga Form.

On a physical level, we will explore asana, safe and effective adjustments and touch, learning to see with a trained eye and feel with your sensitivities. We will cover physical anatomy and physiology with a practical, hands-on approach. In addition, we'll explore energy anatomy, including chakras and nadis, and how these energetic forms relate to our physical body and systems, and vice versa. During the course you will deepen your journey through study of the Yoga Sutras, Pranayama, Meditation, Chanting, Mantra, and basic Sanskrit transliteration as it relates to our experience as teacher. You will be introduced to the ancient wisdom of Ayurveda, and how it relates to your yoga and your life. We will examine how to most effectively create individual yoga sessions, including therapeutic principles and basic bodywork therapy, and how these sessions may differ from teaching in groups. You will be given the guidelines to create the perfect yoga class that expresses what you have to offer, and brings the most out in your students. We will give instruction on Prenatal Yoga and Childrens Yoga. The business and marketing aspects of teaching yoga will be addressed, to help you easily move forward on your journey. Mentoring will be made available at the end of your training, should you need it. Homework will be assigned, as well as teaching assignments outside of our class time, to satisfy the hours needed for certification...and to help you move forward more comfortably as an instructor. There will also be a small number of required books to purchase, not included in your tuition price. The AYT Training will be led by **Shari Simon, E-RYT500**, as well as additional guest teachers.

**The Anatomy of Ashtanga Yoga Teacher Training covers all of the requirements
put forth by the Yoga Alliance for a 200 RYT Certification. (Registered Yoga Therapist at the 200 hour level)**

TRAINING DATES AND TIMES

2016-2017

Fridays, 5:30-8:30pm

Saturdays, 1:00-6:00pm

Sundays, 12:30-5:30pm

October 7,8,9 and 21,22,23

November 4,5,6 and 18,19,20

December 2,3,4 and 9,10,11

January 13,14,15 and January 27,28,29

February 10,11,12 and 24,25,26

March 10,11,12 and 24,25,26

April 7,8,9 and 21,22,23

May 5,6,7

Tuition for the 200 Hour Training is \$2,800.00

***Early Bird Special - \$2,560.00 if paid in full by Aug. 1, 2016.**

A **deposit of \$350** due upon your acceptance into the training. You may pay the rest in full or in seven installments of \$350 beginning our first weekend in October, 2016 and ending in April, 2017 (payments due first weekend training of each month).

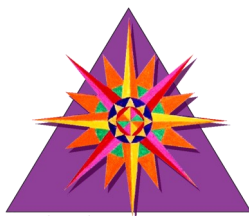
Your tuition will cover all of your trainings and materials for these trainings, with the exception of the cost of a small number of books which will be required reading.

You will receive free unlimited yoga classes at Sun Dog Yoga Studio as part of your tuition fee throughout the entire training (\$700 value).

To be accepted as a student into the Anatomy of Yoga Teacher Training, we ask that you fill out the Student Questionnaire and attend a minimum of three Ashtanga classes at Sun Dog Yoga with Shari Simon, as part of being considered for acceptance.

SUN DOG YOGA STUDIO

17 West State Street . Doylestown, Pa . 18901 . 215.230.4031 . www.sundogyogastudio.com



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200 Hour Teacher Training Student Questionnaire

This questionnaire is designed to assist you in focusing on your intentions with regard to **The 200 Hour Anatomy of Ashtanga Yoga Teacher Training**, as well as give us an idea of who you are, and why you have chosen this training. Please take your time, and type your answers on **separate sheet of paper or email us at: sundogyogastudio@verizon.net**, using the # of each question in front of your answer, then attach to this sheet and return to us. All information given in this questionnaire will remain strictly confidential.

PLEASE
PRINT

Name _____

Address _____

City, St, Zip _____

Home phone _____ Cell phone _____

Email address _____

Emergency contact number _____

Birthdate _____

QUESTIONS:

1. Why have you chosen this particular training...and why at this time?
2. What do you hope to receive from the Training?
3. Tell us about your "yoga history"...how long have you been practicing, what style(s), with whom?
4. What effect has your yoga journey had on your life so far?
5. What is your intention in teaching yoga to others? IS that your intention?
6. How important a role do you see yoga playing in your life in the future?
7. Give us a brief "history" of your life up to this point ("Cliff Notes" version!)
8. What do you have to bring from your life experience and who you know yourself to be as you move into becoming a yoga teacher?
9. Do you have any physical issues that might impact your experience in the training?

If you have any questions about these questions, please give us a call at 215-230-4031 or email us at: sundogyogastudio@verizon.net. You must return this sheet with you answers in order to be reviewed for acceptance into the Anatomy of Yoga Training. Thank you!

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