

OUR 200-HOUR YOGA TEACHER TRAINING BOTH FOR THOSE WHO INTERESTED IN TEACHING YOGA AND FOR THOSE WANTING TO DEEPEN THEIR UNDERSTANDING AND PRACTICE OF YOGA BUT MAY NOT NECESSARILY BE INTERESTED IN BECOMING AN INSTRUCTOR. OUR TEACHER TRAINING PROGRAM WILL PREPARE STUDENTS TO TEACH BEGINNING AND INTERMEDIATE LEVEL HATHA YOGA CLASSES. THE 200-HOUR YOGA TEACHER TRAINING WITH BODY BALANCE YOGA IS A QUALITY, COMPREHENSIVE TRAINING THAT INCLUDES STUDYING THE ESSENCE OF CLASSICAL YOGA PRACTICES AND THEORIES WITH ADDITIONAL APPRENTICESHIP OPPORTUNITIES FOR THOSE INTERESTED IN **(RYT-200)** IS DESIGNED TEACHING. GRADUATES OF THIS TRAINING ARE ELIGIBLE TO REGISTER WITH YOGA ALLIANCE AT THE 200-HOUR LEVEL (RYT200).



HAPPINESS COMES WHEN YOUR WORK AND YOUR WORDS ARE A BENEFIT TO YOURSELF AND OTHERS.
~BUDDHA

**31800 STATION STREET
SOLON, OH 44139
440.523.0099**

LOCATED AT THE CORNER OF STATION AND MELBURY STREETS ACROSS FROM THE SOLON



Oasis Yoga Spa is a modern, mind-body sanctuary completely unique to the area that fuses the benefits of yoga with healing spa services to nurture and support you on your path to overall well-being. Nurture yourself an infrared sauna, massage, Reiki, Hi-Kara as well as other wellness services. We are fully staffed seven days per week with ongoing yoga, mediation and pilates classes. There is something for "every - body" and your unique path of over all well-being.

oasis yoga spa

**440.523.0099
WWW.OASISYOGASPA.COM**



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2012 YOGA TEACHER TRAINING

BECOMING A YOGA TEACHER AND GOING THROUGH YOGA TEACHER TRAINING CAN BE A LIFE-CHANGING JOURNEY AND A WONDERFUL, ENRICHING EXPERIENCE FOR ANYONE INTERESTED IN DEEPENING BOTH THEIR PRACTICE AND UNDERSTANDING OF YOGA... WHILE PREPARING YOU TO TEACH AND SHARE THE PRACTICE AND BENEFITS OF YOGA WITH OTHERS.

440.523.0099

WWW.OASISYOGASPA.COM

QUICK FACTS

LOCATION:

OASIS YOGA SPA
51880 STATION ST
SOLON, OH 44139
440.523.0099

TUITION:

\$2,700.00

DATES:

JAN: 6, 7, 8
JAN: 27, 28, 29
FEB: 10, 11, 12
MAR: 2, 3, 4
APR: 20, 21, 22
MAY: 4, 5, 6
MAY: 18, 19, 20
JUNE: 1, 2, 3

HOURS:

FRI: 6PM - 9PM
SAT: 10 AM - 7PM
SUN: 9 AM - 6PM

PREREQUISITES:

APPLICANTS SHOULD HAVE AT LEAST 30 HOURS IN ANY STYLE AND A COMMITMENT TO DEEPENING THEIR KNOWLEDGE AND UNDERSTANDING IN PREPARATION FOR EITHER TEACHING YOGA OR DEEPENING THEIR PRACTICE.



TEACHERS AND CURRICULUM

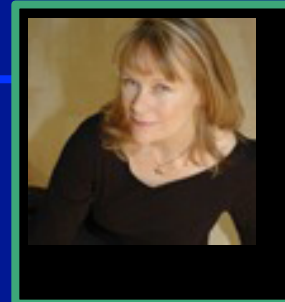


- CLASSICAL HATHA YOGA
- PRINCIPLES OF ANUSARA YOGA
- THEORY AND PRACTICE OF TEACHING FROM THE HEART
- TEACHING LEVEL 1, LEVEL 1/II STUDENTS
- ASANAS: PRACTICE, TEACHING, ADJUSTMENTS
- THERAPEUTICS
- ANATOMY, PHYSIOLOGY AND KINESIOLOGY
- PHILOSOPHY AND THE HISTORY OF YOGA
- CHAKRA SYSTEM AND THE ENERGY BODY
- PRANAYAMA AND BREATH
- SANSKRIT: THE ANCIENT LANGUAGE OF YOGA
- AYURVEDA AND YOGA: THE SCIENCE OF LIFE
- STUDY OF THE YOGA SUTRAS
- STUDY OF THE BHAGAVAD GITA
- ASSISTING AND ADJUSTING
- TEACHING METHODS: CLASS STRUCTURE AND THE ART

YOGA MASTER

JENNY OTTO

SENIOR ANUSARA
TEACHER TRAINER AND A
PIONEER IN YOGA
THERAPY.
FOUNDER OF BODY
BALANCE



Lorna Nafziger
Anusara Inspired,
Body Balanced
Certified

JANICE HANRAHAN –
OWNER
OASIS YOGA SPA
JIVASARA CERTIFIED



TUITION INCLUDES ALL TEACHER TRAINING WEEKENDS AND YOGA CLASSES FOR THE DURATION OF THE TRAINING AND APPRENTICESHIP HOURS. MATERIAL FEES AND BOOKS SEPARATE. \$300.00 DEPOSIT DUE WITH APPLICATION TO HOLD YOURSPACE. PRE-PAYMENT IN FULL IS REQUIRED AT THE TIME OF REGISTRATION. AS A COURTESY, OASIS YOGA SPA DOES OFFER AN ALTERNATIVE PAYMENT PLAN. ALL PAYMENTS FOR THE ALTERNATIVE PAYMENT PLAN MUST BE PAID WHEN DUE.

TUITION: \$2,700.00

CONTACT US TO DISCUSS PAYMENT OPTIONS:
440-523-0099

info@oasisyogaspa.com