

This 200-hour course offers an integrated curriculum inviting you to deepen your yogic knowledge and enhance your own practice in mind, body and spirit.

Course Schedule:

Our schedule will include one Monday (anatomy) and one Thursday (philosophy) evening from 6-9PM per month. We will also come together one weekend consisting of Friday evening from 6-10PM and Sunday from 8-4:30PM. *All sessions meet at Namaste Yoga Studio.*

September 22/24

October 5, 16, 20/22

November 2, 13, 17/19

December 4, 15/17

January 8, 18, 26/28

February 5, 15, 23/25

March 5, 8, 23/25

April 9, 20/22, 26

May 3, 14, 18/20

June 1/3 *graduation weekend

Additional hours with guest teachers will be required and options will be given for missed hours..



To learn more about the 200- Hour Yoga Teacher Training Program please visit our web page

www.namasteyogastudio.net

Or

Call 330.908.0700 to reach the studio, 330.554.3733 to call or text
Jolynn McFerren.

Payment plans are available for your convenience. Space is limited. Early registration is highly recommended.



Namaste' Yoga Studio is a warm, welcoming community yoga studio. We celebrate the ancient practice of integrating the mind, body, and breath. The practice of yoga helps to deepen self understanding and mindfulness practices, develop strength and flexibility, and invites you to come hOMe and connect with your spirit.

9293 olde eight road
northfield center, ohio 44067
330.908.0700
www.namasteyogastudio.net

Namaste Yoga Studio

200-HOUR YOGA TEACHER TRAINING

*Yoga does not just change
the way we see things,
it transforms the person
who sees.
-BKS Iyengar*



**This course begins
September 2017
and ends June 2018**

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Our Curriculum Includes:

- ❑ A structure around the 7 chakras, aligning energy, breath, meditation & the physical practice of yoga
- ❑ Analysis of asanas, including principles of alignment, benefits, precautions, contraindications and modifications
- ❑ Restorative, prenatal, chair & partner yoga
- ❑ Pranayama practice and techniques
- ❑ Meditation practice and techniques
- ❑ Sanskrit meaning & pronunciations
- ❑ Anatomy and physiology
- ❑ Yogic philosophy and psychology, including study of the Yoga Sutras, Yamas & Niyamas, the Bhagavad Gita, the history of yoga and the chakras
- ❑ Teaching methodology, including building relationships with yoga students, planning a yoga class, sequencing of poses, teacher demonstrations, and assists
- ❑ The use of language in a yoga class
- ❑ Creating context and larger meaning for students by theming your class and how to achieve that
- ❑ Professional ethics



Class of 2017

“We expected to learn about yoga asanas, but ended up learning so much more and about ourselves again.

Who knew, you knew. It has been my honor and privilege to be in the seat of student.”

–Tom McCrary, YTT 2016-2017



“Thank you for walking with me on this unforgettable, life-changing, emotional, spiritual, physical, long-lasting friendship making, nurturing, guiding, fulfilling, exciting, triple love experience!”

–Kelly Postiy, YTT 2016-2017



Instructors:
Anvia Sheldon, Ruth Zito,
Jolynn McFerren

Our program is based on experiential learning. Students learn through small & large group discussion, reading, journaling, demonstration, and then reinforced by applying that knowledge. Each weekend & weeknight on our schedule, students will build on the knowledge and experience gained in the sessions prior, in home practice, and homework/readings. Our intention is to embody the yoga philosophy of awareness and to support our students in their personal growth as both a yoga practitioner and yoga teacher.

Join our faculty as they guide you through this transformational Yoga Teacher Training experience. Attendance is required at all sessions for graduation. We understand that exceptions may occur and options for make up hours will be given. We provide an intimate environment for growth and development. Class size is limited. For more information and an application, please call Namaste Yoga Studio at 330.908.0700 or email us with your contact information: at namaste2@windstream.net.