

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.

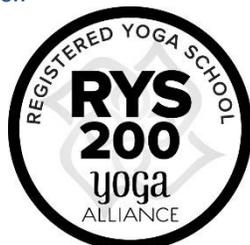
Course Schedule:

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 8-4:00PM.

All sessions meet at Namaste Yoga Studio unless otherwise noted/discussed.

September, 2 sessions with
Desiree Rumbaugh 14/15
+20/22, and 26
October 7, 18/20, 24
November 7, 11, 15/17
December 9, 13/15, 19
January 6, 10/12, 23
February 3, 7/9, 20
March 2, 13/15, 26
April 6, 17/19, 30
May 4. 15/17, 21
June 5-7

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.

Program cost: \$2900



Namaste Yoga cultivates a community of love, light & wellness, offering excellent and compassionate yoga instruction for all ages and levels of student.

Namaste Yoga invites you to come hOMe to you through practice in a peaceful, non-competitive environment, to de-stress, increase your strength and flexibility, and be the healthiest you can be.

9293 olde eight road
northfield center, ohio 44067
330.908.0700

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200-Hour Yoga Teacher Training

September 2019-June 2020



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

—BKS Iyengar



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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
- ❑ Teaching at the studio (beginning and ending of current classes)
- ❑ 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



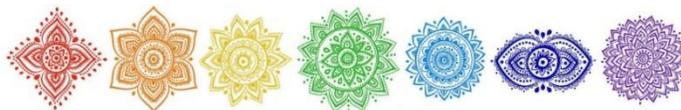
Instructors: Jolynn McFerrer,
Anvia Sheldon, Ruth Zito

“Get ready to change your life and by doing so, changing others. Namaste is a wonderfully supportive place to take the journey to discover yourself.”

--Karen, YTT 2017-2018

“I was a different person when I started this journey. After nine months, it is definitely a rebirth I waited a long time to begin. In September 2018 the universe said, “It’s time.”

--Jan, YTT 2017-2018



Class of 2018

“I was always so fascinated and intrigued by yoga and wanted to learn more about the philosophy. I am so glad to have done the teacher training. I love the spacing of the course over the period of nine months.

It made it all so doable.”

--Isa, YTT 2017-2018



Class of 2017

Our program

is based on experiential learning through small & large group discussion, reading, journaling, demonstration, and application of that knowledge. Each weekend & weeknight on our schedule, students will build on the knowledge and experience gained in the previous sessions. Our intention is to build awareness and understanding on many levels, and to support our students in their personal growth as both a yoga practitioner and yoga teacher.

Attendance is required at all sessions for graduation. 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 info: namaste2@windstream.net.

