

Pranayoga Teacher Training 2012.

Serve . Teach. Transform

- Deepen your study of yoga
- Bring the gift of yoga to others
- Make a living doing what you hold a passion for

Welcome.

Pranayoga School of Yoga and Health's teacher training course (YTT) is a comprehensive introduction to the art and science of yoga. Our program is recognized by the Yoga Alliance and meets and exceeds their requirements for RYT200 certification. Graduates receive certification as Yoga Teachers and will be eligible for National Yoga Alliance Teacher Registry. Our program offers a safe and healing space for your own personal practice to deepen your personal study and practice of yoga. You will have a deeper sense of your physical body through daily asana practice as well as inner self discovery. We will teach you all the tools to understand and explain the benefits of yoga through asana, breathing practices and yogic philosophy.

Upon completion of the teacher training program:

- Your personal practice of yoga will have deepened.
- You will be qualified to register with the yoga alliance at the 200hr level
- You will have the ability to confidently stand up in front of students and hold a safe, meaningful, and beneficial yoga class

The Curriculum includes

- Technique- Including asana(Postures), Pranayama(breath), and meditation skills
- Teaching Methodology-Instructional technique, demonstrations, assisting, coaching, correcting, teaching styles, qualities and process.
- Anatomy and Physiology-includes both physical and energy systems
- Philosophy, Ethics, and Lifestyle-study of yoga styles, philosophy, and an examination of what it means to “live your yoga.” We will explore the business aspects of being a yoga teacher, and put together personal resumes and marketing techniques.
- Practicum-Includes student teaching, observation, assisting, and hands on adjustments.
- Each student teaches a minimum of one complete yoga class and receives feedback from students and teachers.
- 50 hours of teacher-directed, home study.
- Elective-15 hours of approved Workshop electives or trainings

Pranayoga Teacher Training Director

Dani McGuire believes that when the student is ready the teacher appears, and has found this to be true in her experience as both a teacher and a student. Dani combines yoga therapy, vinyasa flow, alignment principles, ayurveda, creative movement, and breath awareness into her yoga philosophy. Dani received her E-RYT200, CYT500(experience registered yoga teacher) from yoga alliance in January 2010. She has been practicing for over 15 years and teaching full time for over 6 years, as well as working privately with students of yoga therapy.

Course Structure:

The 200hr training is structured as a 24-week semester with classes meeting Tuesday evenings each week. In addition, two weekend seminars and student independent work are required. CPR and First-Aid training may be available (additional fees are not included)

Tuition and Application: Students will receive a \$200 discount on tuition if paid in full. Tuition for the 200 hour course is \$2550. (includes the 50.00 non-refundable application fee and 100.00 deposit to reserve your space) Payment arrangements are available. For more information please contact Dani at pranayogaschool.com or 260-450-3751.

Application fee and Deposit is non refundable and non transferable, unless you are not accepted into the program.