



Registered Yoga School

LIVE. DEEPEN.INSPIRE

Pranayoga School of Yoga and Health's 500 hr yoga alliance teacher training, is a 300 hr advanced training course. Pranayoga is a form of Hatha yoga that is inspired from the principles of Tantra, Bhakti, Raja, Jnana, and Ayurveda. This program serves the yoga teacher in deepening their studies, weaving it into their lives for a seamless practice, and inspire creativity. We bring in many master teachers to utilize their particular strengths to create a program focusing on, foundation, organic movement, philosophy, methodology and advanced mentoring.

Continue on your journey to deepen your practice and teaching style and build upon Pranayoga's 200 hr foundation, Serve.Teach.Transform program. Learn a deeper connection into the self, and the subtle and physical systems that can be applied to group classes, privates, and therapeutic sessions.

On completion of this training you will have discovered an authentic understanding of yoga as a seamless lifestyle, and be able to take your students to a deeper level of healing and wholeness. You will also be able to register with the yoga alliance as a 500 RYT.

The Curriculum

Designed much like university graduate work, this module program consists of a Core Curriculum, Mentorship, and Elective Coursework. Electives and Mentorship are fulfilled through independent study or workshops and trainings held at Pranayoga school of yoga and health. Students in the 500-hr program are eligible to receive transfer credits for electives taken at other locations. (transfer fee of 5.00/credit hour will apply)

Core Curriculum-10 weekend modules (Most modules will meet Friday 6:30-9:30, Saturday, 1-7, Sunday 12-6)

Pranayoga Mentorship

Tuition includes mentoring and supervised practice teaching sessions with Dani McGuire or approved master teacher.

Tuition: 3600.00

Tuition Breakdown:

Mentorship: 600.00 Modules: 300.00 per module

Tuition: 3150.00 if paid in full (Some modules will require a textbook)

Our Advanced Modules include:

- Advanced Asana, and Sequencing
- Raja Yoga-The sutras
- Living your Yoga
- Advanced Meditation and Pranayama
- Advanced Asana, Anatomy, and Spotting
- Yoga Nidra
- Tantra
- Myth
- Chanting and Bhakti
- Therapeutics of Yoga
- Ayurveda
- Spotting and teaching private and therapeutic sessions
- Marmas, Nadis, Chakras, and the subtle body

About the Director
Dani Vani McGuire
ERYT500, Yoga therapist, IAYT

Dani has practiced yoga for over 12 years, with a foundation in Hatha, Iyengar and Creative Movement, and studies in ayurveda and Tantra. She has studied with many inspirational teachers and different styles that have flourished into her own unique blend. Dani's fluid, creative, and intuitive style of teaching will unleash hidden potential and awaken the student to experience their inner child and contentment. Dani is also dedicated to teaching yoga to people with cancer and chronic pain. She is a Yoga Therapist and is registered with the International Association of Yoga Therapists. Her teacher and mentor is Jnani Chapman. Dani is committed to forming a partnership with every one of her students to serve them in finding peace, health, and a greater sense of well being wherever they may be in this moment.