

Live. Deepen. Inspire



RYT500 Yoga Teacher Training

300 hr advanced training course - Ongoing Modules

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

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.

Curriculum Includes

- 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

Primary Instructor/Fascilitator

Dani Vani McGuire

Guest Teachers Include:

Marcia Pappas

Nikki Myers

Swami Vidyananda

Classes meet 1 weekend/ mo.

10 Modules + mentorship
(to be completed within 2 yrs)

Tuition \$3600

\$300/module (10 modules)

\$600/required mentorship

\$3150 if paid in full

Pranayogaschool.com

450-3751 450-2705 625-4354



Registered Yoga School