

HA-THA YOGA METHOD TEACHER TRAINING PROGRAM

As a yoga teacher you can influence and change peoples lives in a positive and profound way. Taught by certified yoga instructors, Delia Quigley and Denise Kay, with a combination of 45 years experience in the study and practice of Hatha Yoga, this 200-hour training will provide you with the knowledge and experience to teach from a beginner level and grow to advanced instructor with the Ha-Tha Yoga Method teacher training programs. We will also help guide your interest in specializing your future training.

Participants are to understand that this is a full commitment when participating in this training. We request that all participants should have at least 2 years of yoga training, as well as, a daily self-practice. If you do not practice on your own, begin now. Our time will be focused on teaching you how to teach others. This necessitates an involved curriculum to meet both our rigorous training criteria and that of the Yoga Alliance.

ABOUT THE TRAINING

The Ha-Tha Yoga Method teacher training offers a comprehensive training in the Dynamic Yoga Training Method based on classical Hatha Yoga. The training provides 200-hours of comprehensive instruction. This training is based on the techniques of the Dynamic, Iyengar, Vinyasa Ashtanga, and Partner Based yoga styles. It explores and clarifies the five techniques of the "Dynamic Yoga Training Method" and their relationships. Asana (form), Vinyasa (movement), Bandha (energetics), Pranayama (breathing), and Drushti (awareness).

The Teacher Training is constructed to meet the minimum standards set down by the **Yoga Alliance**. The yoga student may feel assured of compliance with the **Registry Mark**, which is being used as a standard for determining the qualifications of a yoga teacher here in the United States.

The Training is designed to ensure that you develop a *balanced understanding* of the practice and teaching of the **eight limbs** of yoga. This involves exploration of technique, teaching methodology, anatomy and physiology, philosophy, ethics and lifestyle.

Besides the weekend work each student will be required to develop a personal yoga practice and attend weekly yoga classes. There will be assigned reading material, a teachers manual to create and a final paper to write in order to complete the course.

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COST AND PAYMENTS

Cost for the 200-hour training is \$2300. A \$500 deposit is to be paid prior to the start date of the training (\$300 refundable only up to 30 days before program begins). The cost of props and books are not included. Credit Cards are accepted through PayPal online. Interest in a Payment Plan should be noted on your application form.

DATES AND TIMES

The teacher training will be held one weekend per month for 10 months, beginning September, 2011 and ending June, 2012.

All participants will be required:

- to attend all classes
- to attend classes outside of the training
- to have a self practice
- to student teach
- to create a teaching manual
- to write a final paper, topic of your choosing
- to complete a final written and oral examination

There will be readings, written work and a final examination. Upon completion you will be given a certificate that will qualify you for the 500-hour training, as well as, helping you meet the requirements for a Yoga Alliance Certification.

TRAINING TIMES:

Friday evenings: 6:30-9:30 p.m.

Saturday & Sunday's: TBA

Attendance for all sessions are mandatory

TRAINING WEEKEND DATES

Session 1: September 16-18

Session 2: October 14-16

Session 3: November 18-20

Session 4: December 16-18

Session 5: January 20-22

Session 6: February 17-19

Session 7: March 16-18

Session 8: April 20-22

Session 9: May 18-20

Session 10: June 15-17

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Now accepting applications for 2011-2012.

APPLICATION

NAME: _____

PHONE# _____ EMAIL: _____

1. How many years have you been studying yoga?
2. What style of yoga have you studied and who have you studied with?
3. Do you have a daily self-practice?
4. Why do you wish to do this training?
5. Do you feel you can make the 10-month commitment?
6. Tell us some things about yourself that you would want us to know?