

Synergy Yoga Studio

2011 – 2012 Teacher Training Program

Namaste Friends,

Whether you are aspiring to deepen your own personal practice or to become a certified yoga teacher, Synergy Yoga Studio's 200 hour Teacher Training Program is designed to provide you with the solid foundations for hatha yoga theories and practice. The program will be held in Synergy's supportive and nurturing environment, where the faculty will encourage students to find their individual teaching voice and fill it with confidence and mindfulness. The school meets the standards and guidelines of the National Yoga Alliance, allowing our graduates to nationally register as 200-hour yoga teachers at the completion of the program (RYT 200).

Karen Pace, Director of Synergy Yoga Studio's Teacher Training Program, has brought over 20 years of yoga experience and instruction to the Richmond community. She is certified by the Himalayan Institute of Yoga Science and Philosophy, registered with the National Yoga Alliance, and a member of the Himalayan Institute Teachers Association. Additional highly trained and experienced faculty members include Jane Hays, PT, Andrea Bleck-Smith, RYT, and Debbie Troxel, RN, MSNH.

During your training, you will have the opportunity to further your yoga practice, teach and receive valuable feedback, which will put you on the track of a powerful and life-affirming direction – and have fun while doing it!

On Friday evening, September 16, from
6:00 to 9:30: Welcome and Overview

All classes will be held one weekend each month on Saturdays from 9:30 am - 5:30 pm and on Sundays from 9:30 am - 5:30 pm as indicated below:

- September 17 - 18
- October 22 - 23
- November 19 - 20
- December 10 - 11
- January 21 - 22
- February 25 - 26
- March 17 - 18
- April 21 - 22
- May 19 - 20



*Let the breath be a bridge between body and spirit,
a doorway to the present ~*



11000 Three Chopt Rd. • Richmond, VA 23233
(804) 747-9642

Our program will be one of the most comprehensive in the area covering all aspects of the art of teaching Hatha Yoga, placing particular emphasis on:

- o Theory and Practice of Asana
- o Yoga Philosophy
- o Breath Training
- o Relaxation and Meditation Skills
- o Anatomy and Physiology
- o Lifestyle Suggestions
- o Ayurveda
- o The Art of Teaching



The 200 hour program consists of 180 hours in contact with Synergy Yoga Studio's faculty and 40+ hours of independent study and practice and includes special discounts for unlimited access to regularly scheduled yoga classes and workshops while in training. The Training is laid out in a clear and concise format providing aspiring teachers with the tools they will need to teach a safe and effective class. Teacher training participants will learn Theory and Practice of Asana, Yoga Philosophy, Breath Training, Relaxation and Meditation Skills, Anatomy and Physiology, Lifestyle Suggestions, Aryurveda, and the Art of Teaching.

Tuition

Full Tuition: \$2,800.00 (for nine month course of 200 hours)

Note: A \$300.00 Non-refundable deposit, to be applied to tuition, is required at the time of application.

Early Bird Discount: \$2,600.00 paid in full by July 15, 2011 (includes Deposit).

Tuition includes:

- Teacher Training Manual/Workbook
- 20% discount on required reading books
- 10% off any workshops and retail at the studio.

As an additional benefit, during the program we recommend Teachers in Training attend at least one yoga class per week. **We are offering a special unlimited yoga pass to all of our Teachers in Training at a Special:**

- Nine months unlimited yoga (if paid in advance) \$315 in full (only \$35 per month or **68% savings**)
- Monthly unlimited yoga \$40 per month (**64% savings**)

Attendance: 100% attendance is required. Students are required to complete all class hours. Both excused and unexcused absences must be made up in prescribed makeup sessions.

Makeup Sessions: Make up sessions are available at an additional cost based on the teacher and the amount of time needed.

Payment Plan:

There are two ways to make payment for the nine-month, 200-hour course of instruction.

1. The total Payment can be made by cash or personal check at the time of registration. The amount includes all instructional and administration fees, as well as the deposit.
2. For your convenience, tuition can be paid in three easy payments every three months after the required deposit has been made. As an example, the payments would be made at the \$2,800 charge as indicated below:

Payment #1 (for first three months)	\$834.00
Payment #2 (for second three months)	\$833.00
Payment #3 (for third three months)	\$833.00
Sub Total:	\$2500.00
Deposit:	300.00
	TOTAL:\$2,800.00

Scholarships:

Scholarships are available, please call 804-747-YOGA (9642) and ask to speak with Karen Pace.

Refund Policy:

- The deposit of \$300.00 is non-refundable.
- Students will receive a full refund (minus deposit) if they cancel within three business days before classes begin.
- Students who withdraw within 30 days of beginning instruction shall receive a 50% refund.
- No refunds will be made after 30 days of beginning instruction.

The above situations do not take into consideration extenuating circumstances, such as illnesses, injuries, or even sudden changes in business or personal living conditions. Such conditions will be considered on a person to person basis.

To Register:

Please call 804 -747-YOGA (9642) or sign up at the front desk. Enrollment is limited and an applicant's selection is by permission only, so please contact us as soon as possible to hold your spot.

Requirements for Training:

Students wishing to enroll will need to have a passionate interest in yoga and healing and a basic understanding of the practice of yoga. We ask that you have a consistent daily asana practice with a minimum of one year study of hatha yoga under the guidance of a teacher or teachers. Part of the study course will include required reading.

Please be prepared to read during or prior to the course:

- Mastering the Basics - Book, by Sandra Anderson and Rolf Sovik, Psy.D.
- Meditation and Its Practice, Swami Rama
- The Royal Path: Practical Lessons on Yoga, by Swami Rama
- How to Know God, The Yoga Aphorisms of Patanjali, by Swami Prabhvnanda and C. Isherwood
- Introduction to Human Anatomy and Physiology, by Eldra Pearl Soloman
- The Key Muscles of Hatha Yoga, by Ray Long, M.D., FRCSC
- Science of Breath, by Swami Rama and Rudolph Ballentine, M.D.

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