

# Blue Sky Yoga

## 200 Hour In-Depth Yoga

### Study & Teacher Training

Coming in 2017

Open to dedicated students of all levels, those who would like to teach and already seasoned teachers.

***We go beyond preparing you for a yoga teaching profession - we inspire you to dwell into the deeper dimensions of yoga and create greater meaning and impact in your daily life!***

#### PROGRAM HIGHLIGHTS:

***Expert Instruction.*** Our diverse group of experienced and dedicated faculty from different fields will provide you with necessary tools to help you deepen your own practice and to develop your potential as a teacher.

***In-Depth Training.*** Experience high quality practical training in hatha yoga and cultivate theoretical knowledge to become more established in your practice and to take the rewarding steps in becoming a teacher.

***Refine Your Spiritual Practice.*** Develop greater control of your body and mind.

***Certification.*** Our program provides over 200 hours of instruction for certification with Yoga Alliance.

***Weekend Schedule.*** An extensive 10-week program is spread out over several months with the classes scheduled on Friday evenings, Saturdays (full day) and Sundays (full day).

***Small Group Setting.*** Practice and study in a supportive environment of like-minded and dedicated yogis.

**COST:** \$500 - Deposit to hold your spot/\$2925 - Early Bird (deadline to be announced)/\$3,000 - Regular Price. **DATES:** To be announced.

**TOPICS COVERED:**  
Practice and teaching of Asanas, Pranayama, Mudras and Meditation

Establishing daily Sadhana (spiritual practice)

Structuring classes, sequencing and teaching methodology

Student teaching, assisting and adjusting

An overview of Classical Yoga Philosophy

Yogic scripture: The Yoga Sutras of Patanjali, The Bhagavad Gita, The Upanishads

Principles of alignment, related anatomy and kinesiology

Subtle body anatomy: Chakras, Nadis and Koshas

Sanskrit, Mantra and chanting

Restorative, Yin, Prenatal, Postnatal, Chair and Kids Yoga

#### TESTIMONIALS:

“the training exceeded my expectations...the daily sadhana practice/assignments helped me change my life in a very practical way.”

“I greatly enjoyed all aspects of the training...I enjoyed learning about all aspects of yoga, not just the asanas”

“I appreciated how much we focused on learning how to teach and having opportunities to practice teaching.”

“I loved all the guests who came throughout the training...I also appreciated the warm and open learning environment you cultivated throughout the training”

“...the training had very authentic nature.”

“Gaining a “big picture” perspective of yoga...I wasn’t on a spiritual path, but this training has given me a guide to start my journey”

“I have evolved spiritually, emotionally and physically because of this training.”

For registration and further information, please contact Cheryl Slader:  
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***We invite you to refine your own spiritual practice and learn how to help others to develop life of greater health, happiness and wisdom!***