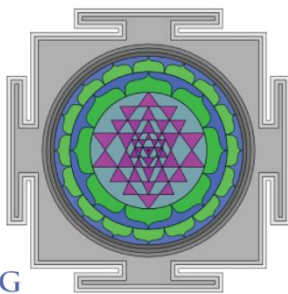


Yoga Vidya

TEACHER TRAINING



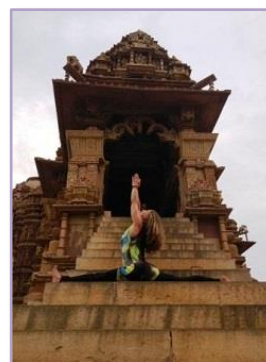
educational and experiential resources so you can thrive!

Next 200-Hour Teacher Training Program: September 2015 – April 2016 Held at Heartspace Yoga, Albany, NY

Steeped in classical teachings and philosophy, yet entirely applicable to the modern day, this course is dedicated to creating extraordinary yoga instructors who are practitioners first.

In this eight-month long life changing course, you will explore and come away with:

- ❖ Study of the seminal philosophical texts of Yoga: The Bhagavad Gita and The Yoga Sutra
- ❖ An understanding of the brilliance of Yogic lifestyle and how to live it
- ❖ Increased observation, listening and communication skills
- ❖ A working knowledge of the Yogic body, from both the Western (anatomical) and Eastern (energetic) perspectives
- ❖ Sanskrit for Yoga
- ❖ How to assess and communicate to a classroom
- ❖ How to develop an integrated, safe and uplifting class plan
- ❖ Sequencing for multiple experience levels
- ❖ Asana labs
- ❖ Apprentice teaching with primary instructors
- ❖ Pranayama: breath work and the subtle body
- ❖ Partner work, practice teaching and assisting in a public class setting
- ❖ An introduction to working therapeutically for different injuries and conditions (including pregnancy)
- ❖ Restorative Yoga and the Stress Cycle
- ❖ Principles and practices of meditation
- ❖ Special topics with outstanding guest teachers
- ❖ Ethics and business of teaching Yoga



Lauren Toolin, Director, is a Master Teacher with more than twenty years' experience. She is a senior ParaYoga teacher and an initiate in the Sri Vidya tradition. She has trained more than 200 teachers and has been leading lifechanging trainings at Heartspace since 2007.



Heartspace Yoga
& Healing Arts

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