



200hr Yoga Teacher Training

January - June 2020

DESCRIPTION

Elevate Yoga Studio invites you to join us for our first-ever 200hr Yoga Teacher Training Course intentionally designed to deepen your yoga journey and assist others in their path to oneness, health, and peace.

This six month, life-changing program is rooted in Vinyasa hatha yoga and classical yoga philosophy. Cara Sax and Lila Lolling have joined hearts, hands and minds to create a curriculum that is soul-inspiring and life-affirming. Through your own personal journey you will learn how to guide others in spiritual pursuits and personal development.

Our 200hr curriculum is more than learning to teach poses on the mat. This course is an invitation to reconnect to your inherent, ancient Self and learn how to inspire others to live yoga on and off the mat.

This training program is Yoga Alliance accredited and open to only 10 trainees. It is expected to fill quickly, so we encourage you to register early. Some weekend immersions are open to the public.

CURRICULUM: GENERAL OVERVIEW

Anatomy & Physiology - These sessions (mostly on Wednesdays) include basic movements, skeletal system, posture, key muscles, major joints in the body, location and function of major organs and glands, and more. These classes are presented in a fun and practical way that is directly correlated to yoga poses and tips to keeping a healthy and supple body for all stages of life.

Teaching Methodology - These sessions will help you to uncover qualities of a great class, a great teacher and how to hold sacred space for others. You will learn the art of teaching with inclusion and cultivating a safe and welcoming environment to all who come to your classes. During these sessions you will also learn the foundations to sequencing a vinyasa class and the skill necessary for proper asana assists.

Yoga Philosophy & Spirituality - At the core of all paths of yoga is peace. Yoga philosophy, psychology, and spirituality gives tools for the practitioner to experience deeper levels of peace, oneness, joy, and love. You will be required to read Lila's book 'Walking the Ancient Path of Yoga' as an investigation into the path of Raja Yoga. In addition, you will learn the foundations of classical yoga philosophy and the non-dual approach to seeing the world.

Practicum - Your practicum hours will be filled through home study of Lila's book, *Walking the Ancient Path of Yoga*. In the back of the book, there are questions that correspond to each chapter. You will be required to write those. You will also be required to participate in 8 yoga classes monthly and write a short summary of what you learned from the teacher and class. This can be done at Elevate Yoga Studio. In addition, you will be required to practice-teach and receive supportive mentorship in the process. All this to assist you to become best teacher you can be.



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COURSE DATES

January 8, 15, 22, 29 : Weds., 6p. - 9pm
January 18 & 19 : Wknd Immersion, 11a - 5p
February 5, 12, 26 : Wednesdays
February 8 & 9 : Weekend Immersion
March 11, 18, 25 : Wednesdays
March 7 & 8 : Weekend Immersion

April 1, 15, 22, 29 : Wednesdays
April 4 & 5 : Weekend Immersion
May 13, 20, 27 : Wednesdays
May 2 & 3 : Weekend Immersion
June 3, 10, 17, 24 (Graduation) : Wednesdays
June 13 & 14 : Weekend Immersion

ABOUT THE TEACHERS

Cara Sax is a certified yoga teacher, fitness trainer and holistic health counselor. She is also the owner of Elevate Yoga Studio in Cortlandt Manor, New York. She has been in the field of health and healing for over thirty years. Her Bachelor's degree in Exercise Physiology gives her a strong foundation and excellent understanding of the physical body when she creates her vinyasa style flow yoga classes. Cara is also certified in Prenatal yoga.

Lila Lolling (ERYT500, YACEP, IAYT) has 20 years experience teaching yoga philosophy, asana, meditation, and spirituality around the globe. She is an international yoga teacher for 200hr and 300hr Yoga Alliance accredited schools as well as yoga therapy programs. Lila has been featured in Yoga Journal, Yoga International, ABC News, and presented at the United Nations in 2018. She is known for her joyful and light-hearted presentation style and her passion for sharing classical yoga teachings and applying them to modern life.

Prem Sadasivananda is a scholar of Vedantic Philosophy, Hindu Scripture and Sanskrit, is well-known for his lively and humorous talks, his accessible teaching style and his unique ability to bring the ancient Yogic scriptures and texts to life in the modern world. A true life-coach, he has drawn on a deep knowledge and years of practice of Yoga to create popular courses on meditation, positive thinking, and relationship. He is a direct and long-term disciple of Swami Vishnudevananda, the disciple of Swami Sivananda and through his teachings of Yoga and Vedanta he continues his service by helping others in their spiritual pursuits.

COURSE TUITION

\$3200, or \$467 per month for six months. \$3000 if paid in full by program commencement.
\$400 non-refundable deposit which is applied to tuition.

* tuition includes unlimited yoga classes at Elevate Yoga Studio for the duration of the program.

Again, this unique and highly educational training program is Yoga Alliance accredited and open to only 10 trainees. The course is expected to fill quickly, so we encourage you to register early.

To reserve your space, please fill out the program application and mail your check (deposit) to:
Elevate Yoga Studio
% Elevate Yourself TT
3535 Crompond Road
Cortlandt Manor, NY 10567



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TEACHER TRAINING APPLICATION

Name: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Years Practicing Yoga: _____ Preferred Style of Asana Practice: _____

Deposit or Payment in Full? _____ Check #: _____

How did you hear about this program? _____

Why are you applying to this program?

How would you describe your knowledge of Yoga philosophy & spirituality?

Do you plan to take weekly asana classes at Elevate Yoga Studio? If not, where will you practice?
Please list studio name and location.

How has Yoga influenced your life?

Any thing else you would like for us to know?