

Downtown Desert Yoga

200 Hour RYT

Teacher Training

Downtown Desert Yoga is pleased to offer nationally recognized teacher training, locally.

BEGINS WEDNESDAY APRIL 18TH

INSTRUCTORS:

Colleen Boyd, Shawn Cornelison ,

Richard Lanza, Deidra Schaub,

COST:

\$3200 - pay-as-you-go
\$2950 2 payment plan
\$2800.00 for paid-up-front option
Space is limited to 12

Non-refundable deposit of \$500 due by March 24th

(deposit amount is included in the costs listed above)

PHONE: 575.647.YOGA (9642)

WEBSITE: downtowndesertyoga.com

REGISTER: bit.ly/200RYT



The Downtown Desert Yoga Teacher Training Program

is a 200 hour experiential teacher training program with a strong focus on developing teaching skills.

This program meets all core Yoga Alliance competencies including: designing your own class for all levels of students, analysis of each posture with a focus on alignment and functional movement, verbal and hands-on adjustments, both physical and energetic anatomy, yoga philosophy, and ethics. Upon completion of the program, students will be able to establish themselves as a yoga instructor in a variety of settings. Graduates receive a 200 hour RYT yoga teacher certification through Downtown Desert Yoga and will be registered with Yoga Alliance.

Opening

April 18 5:30 pm to 9:30 pm

Anatomy/Asana

April 21 4:00 pm to 10:00 pm
April 22 & 23 9:00 am to 5:00 pm

Philosophy

May 16 5:30 pm to

Hot Yoga

May 19 4:00 pm to 10:00 pm
May 20 & 21 9:00 am to 5:00 pm

History of Yoga

June 13 5:30 pm to 9:30

Energetics

June 16 4:00 pm to 10:00 pm
June 17 & 18 9:00 am to 5:00 pm

Practice Teaching

Aug 1 4:00 pm to 10:00 pm

Practicals

Aug 4 4:00 pm to 10:00 pm
Aug 5 & 6 9:00 am to 5:00 pm

Sun A & B

April 25 5:30 pm to

Practice Teaching/ Finding your voice

April 28 4:00 pm to 10:00 pm
April 29 & 30 9:00 am to 5:00 pm

Yin

May 23 5:30 pm to 9:30pm

Yin

May 26 4:00 pm to 10:00 pm
May 27 & 28 9:00 am to 5:00 pm

Adjusting

July 5 5:30 pm to 9:30 pm

Hands on Assist

July 11 5:30 pm to 9:30 pm

Teaching to Beginners

July 28 4:00 pm to 10:00 pm
July 29 & 30 9:00 am to 5:00 pm

Make-up

Aug 12 & 13
If necessary - times TBD