



# 2011 YOGA INSTRUCTOR TRAINING PROGRAM

Ever aspire to actually TEACHING yoga? Has your personal practice hit a roadblock? Want to challenge yourself to go to a whole new level in your overall wellness?

Come and join Studio One's Yoga Instructor Training Program, a six-month 200-hour program of lectures, classroom instruction (done exclusively on the specific weekends), practical training, and independent work. Program runs mid-February or early-March to August 2011\*. ***This is an intensive training program requiring 3-5 hours per week of home study and 12 hours per month of instructor-led yoga classes outside of the weekend workshops (your Studio One membership is not included in the price of the program).***

## COURSE REQUIREMENTS

- 75 hours techniques training and practice
- 30 hours teaching methodology
- 20 hours anatomy and physiology
- 5 hours yoga philosophy/lifestyle and ethics
- 70 hours practicum (in-class observing/assisting and teaching)
- Out-of-class home study (3-5 hours per week)
- 60 hours of required yoga classes (outside of workshop weekends) as participant, assistant, team-teacher and full instructor
- Textbooks (*Teaching Yoga*, *Yoga Anatomy*, plus one yoga book of your choice)
- Weekly journaling
- Monthly quizzes and evaluations
- Two-part final exam (practical and written)
- 3-4 Off premises classes (additional charge)

## WORKSHOP WEEKEND DATES\*

We are in the process of choosing which weekends we will be holding the program (1 weekend per month, 7am to 5pm on both Saturday and Sunday). The program will begin mid-February or early-March and run through August. Attendance is required. We will be conducting a brief meeting with all interested students to decide which weekends will work for everyone. Contact Kim at 407-924-9811 if interested in attending the meeting.

## PROGRAM COST

The full six-month program is \$1299. There are three payment options:

- Option 1 - a \$100 savings discount for full payment (total cost \$1199).
- Option 2 - \$399 deposit to secure space and then \$150 per month.
- Option 3 - \$250 deposit to secure space and then \$175 per month.

***Space is limited so make sure to reserve your spot with a completed registration form and deposit.***

At the conclusion of the course and to receive a Studio One **Yoga Instructor Certification**, students will:

- Successfully complete all coursework, quizzes, and exams with 75% grade point average or better
- Successfully teach five (5) complete Beginning Yoga Classes under the supervision of an experienced instructor
- Successfully master Warm-Up and Cool Down techniques and practices including pranayama (breathing) and meditation
- Master no less than 12 complete Asanas including understanding the benefits, anatomical applications, muscle & joint actions, breathing dynamics, contraindications, and modifications
- Successfully incorporate concepts of Chakras, Bandhas, Pranayama, and Mudras into a yoga practice
- Successfully master Sanskrit terminology and incorporate 60+ terms into yoga practice
- Experience several styles/branches of yoga including hatha, ashtanga, kundanlini, yin, restorative, and bikram
- Demonstrate a working knowledge of yoga ethics, practices, and philosophy
- Demonstrate a working knowledge of legalities and legal practices including group fitness certification, CPR certification, and liability insurance.

All weekend workshops will be conducted at:  
Studio One Wellness

12461 S. Orange Blossom Trail, Orlando, FL 32837  
407-852-5775 www.studionewellness.com

**Registration is NOW OPEN**

**See Reverse for Course Syllabus**