

The Yoga of Energy Flow

TEACHER TRAINING

Sept 2009-May 2010

with Katherine Conte & Daniel Orlansky

The core study in The Yoga of Energy Flow Teacher Training is vinyasa flow yoga in which breath, movement and asana are combined with correct alignment and sequence into a transformational practice.

Students will leave this training fully prepared to teach vinyasa style yoga classes and will have a comprehensive understanding of yoga asana, pranayama, anatomy of yoga, hands-on assists, yogic philosophy, mudras, and meditation techniques. This 9 month program will be co-lead by focus director, Katherine Conte & internationally renown teacher Daniel Orlansky with guests teachers.

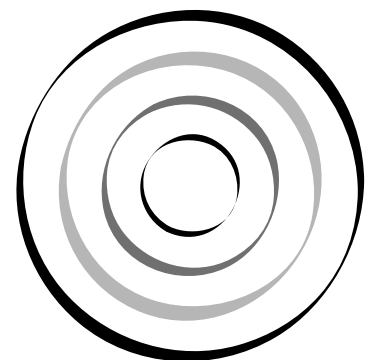
This 200-Hour Yoga Teacher Training is approved by the Yoga Alliance of America. Graduates are automatically granted the status of RYT (Registered Yoga Teacher).

WEEKEND THEMES:

- Yoga of Energy Flow: Liberating Prana
- The Art of YogaFlow
- Rasa Yoga: Finding the Juice of Your Practice
- The Yoga Sutras of Patanjali: The Heart of Yoga
- Meridian Yoga: Opening the Energetic Pathways
- The Power of the Breath

CORE STUDY:

- Yogic History and Philosophy
- Teaching Techniques and Methodologies
- Principles and Alignments of Classic Yoga Asanas
- The Art of Hands-On Adjustments
- Sequencing and Designing Well Rounded Classes
- Introductory Anatomy and Kinesiology
- Yoga as a Healing Art: Therapeutic Applications
- Business and Marketing in Yoga
- Contemplation and Journal Writing
- Professional Practice, Ethics and Yogic Lifestyle
- Teaching Yoga Nidra and Meditation



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Teacher trainees will meet for 10 weekend intensives on Saturdays & Sundays 8:00a-5:00p. You must be present for all weekends. In addition, you will be required to attend one weekly class with Katherine (day/time tbd).

Weekend Dates:

Sept. 19 & 20	Feb. 13 & 14
Oct. 17 & 18	Feb 27 & 28
Nov 21 & 22	March 13 & 14
Dec. 12 & 13	April 10 & 11
Jan 9 & 10	May 15 & 16

PRE-REQUISITES:

- minimum of one year consistent yoga practice, i.e. 3-4 times per week
- regular practice with Katherine prior to starting Teacher Training
- sound physical and psychological health

REQUIREMENTS:

- attendance to all intensives
- completion of all assignments
- completion of teaching apprenticeship
- attendance to weekly intensive with Katherine (out of state registrants, please discuss with Katherine)
- Certification will be awarded to participants who fulfill all requirements to the satisfaction of co-directors Katherine and Daniel and upon overall assessment of trainee's level of knowledge and practical application of material.

TUITION: \$2,200

Tuition includes entry into the 9 month program and Yoga of Energy Flow Instruction Manual. focus yoga will offer a discount for required texts. Please note, participation in Katherine's weekly class is NOT included in tuition.

REGISTRATION & PAYMENT:

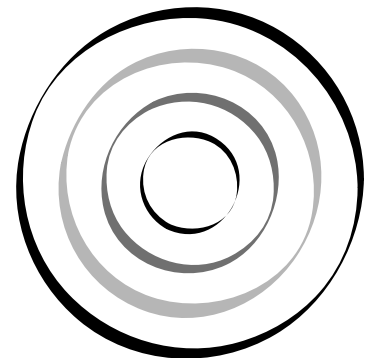
Please complete and submit registration form & full payment to

focus yoga

2750 south county trail

east greenwich, ri 02818

questions & inquiries please send to info@focusyoga.com
or phone Katherine 401.354.9129.



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