



## **Hatha Yoga teacher Training – Summer Immersion 2017**

Our program is life-transforming and is for everyone, whether you are interested in becoming a teacher or wanting to deepen your yoga practice and knowledge.

Including a decadent 3-day retreat, our foundational Yoga Teacher Training summer program offers the possibility to really dive into the teachings: physically, mentally and spiritually.

This PranaShanti Teacher Training program is a total of 200+ hours including 180 contact hours and 35 personal hours so that you graduate a Yoga Alliance registered teacher. This format provides future teachers exposure to as much knowledge and hands-on practice teaching time as possible.

Our program provides students with a foundational; background in yoga that draws on the Hatha and Vinyasa yoga traditions, as well as modern knowledge of bio-mechanics and movement, so that they can confidently teach holistic, all-levels classes in a clear, compassionate manner.

Our program will deepen your understanding of asana (postures, develop a functional understanding of yogic and Western anatomy, yoga philosophy and theory, Ayurveda, meditation, personal development and communication skills. The course requirements include research presentations, a yoga class journal, and active participation in the classroom.

### **Course and Curriculum Details:**

#### **Dates and Timings:**

- June 16-18, 2017 at PranaShanti Yoga Centre: 9:00 am – 6:00 pm each day
- June 23-25, 2017 at PranaShanti Yoga Centre: 9:00 am – 6:00 pm each day
- July 14-16, 2017 at Shanti Retreat on Wolfe Island: arriving at 2:00 pm on Friday and departing at 2 pm on Sunday
- July 21-23, 2017 at PranaShanti Yoga Centre: 9:00 am – 6:00 pm each day
- August 11-13, 2017 at PranaShanti Yoga Centre: 9:00 am – 6:00 pm each day
- August 19-23, 2017 at PranaShanti Yoga Centre: 9:00 am – 5:00 pm each day

#### **Outline:**

- **Teaching Asana** – Learn to teach safely, effectively and with confidence
- **Meditation** – study a variety of meditation techniques to focus and quiet the mind
- **Pranayama** – experience powerful breath techniques
- **Anatomy** – western anatomy and physiology will be studied, including the various body systems, and the physical effects of yoga on the body
- **Yogic Anatomy** – learn the energetic effects of yoga on the body and the chakra and meridian systems
- **Yogic History and Philosophy** – explore Patanjali's Yoga Sutras and how these teachings provide a model for daily life

#### **Curriculum Overview:**

##### **THE FOUNDATIONS**

- WHAT IS YOGA?



# PranaShanti

## Yoga Centre

- HISTORY OF YOGA
- MODERN DAY YOGA

### **YOGIC PHILOSOPHY**

- THE EIGHT LIMBS OF YOGA
- THE CHAKRAS
- THE NADIS

### **YOGIC LIFESTYLE**

- AYURVEDIC ELEMENTS
- *The Doshas*
- YOGIC CLEANSING TECHNIQUES
- *Jala Neti*

### **ANATOMY**

- FRONT AND REAR VIEWS OF SKELETON
- BONES OF THE SPINE - VERTEBRAE
- MUSCLES
- JOINTS

### **THE PRACTICE OF YOGA**

- STANDING POSTURES
- BALANCING POSTURES
- BACK BENDING POSTURES
- SEATED POSTURES
- INVERTED POSTURES

### **BREATHING TECHNIQUES - PRANAYAMA**

### **THE BANDHAS – BODY LOCKS**

### **MEDITATION**

### **LESSONS ON TEACHING**

- ATTITUDES AND ETHICS
- PREPARING TO TEACH
- TEACHING PRACTICES AND SKILLS
- ADJUSTMENTS
- YOGA PROPS AND MODIFICATIONS
- PRECAUTIONS AND CONTRAINDICATIONS

### **THE BUSINESS OF YOGA**

- BUSINESS CONSIDERATIONS
- COMMUNITY BUILDING

### **Cost and Registration**

- SAVE with our Early Bird Pricing: Pay in full before April 30, 2017: \$2,995.00 + HST; or

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PranaShanti Yoga Centre  
52 Armstrong Street, Ottawa, ON, K1Y 2V7  
613-761-9642(YOGA), [www.pranashanti.com](http://www.pranashanti.com)



- Pay in Full on or after April 30, 2017: \$3,295.00 + HST; or
- Payment Plan: Deposit of \$500 + HST to reserve your space plus 3 monthly payments of \$966.67 + HST. All payments to be complete before the course concludes.

**What is included:**

- 2 hearty, healthy vegetarian meals prepared for us each day and semi-private (double or triple occupancy) bedroom lodging, coffee, tea, fresh fruit and trail mix for in-between meals while at the retreat
- Yoga Manual and Anatomy Text Book
- 20 Yoga class package at PranaShanti Yoga Centre
- Home study assignment/projects
- Practice teaching
- Personal mentorship
- Opportunities to assist in drop-in classes
- During training students receive 10% off purchases at PranaShanti for such items as CD's, books, manuals, clothing, yoga mats and bags.

**Registration:**

- Register Online, by telephone or in person.
- Refunds (minus a \$300 Administration Fee) are available up to 5 days before the starting date.
- No refunds or credits will be provided after the course has started.
- Registration for closes June 16, 2017 at 5:00 PM.
- 10% discount for full time students, seniors and military.
- Payment plans, 1 Work Exchange and 1 Scholarship are also available.
- Minimum Registration is 16 students, maximum registration is 26 students.
- Although every effort is made to maintain consistency, faculty may be subject to change.

We believe in the highest quality and caliber of training so that every student receives the time, focus and dedication of the trainers that is needed to create a solid foundation for practice and teaching. Although every effort is made to maintain consistency, trainers, guest speakers and faculty may be subject to change.

**Tax Receipts:**

PranaShanti is an HRSDC Certified Educational Institution and can provide tax receipts for qualifying trainings.