



LIWS-YOGA TEACHER TRAINING CERTIFICATIONS SUMMER INTENSIVE—200 HOUR PROGRAM (\$2630)

YTT—The Science of Ayurveda

Tuition: \$790

Dates: Saturday 6/5
Sunday 6/6

Time: 9:00 am-5:00 pm

Hours: 15

Instructor: Corrine Corcoran

Required: Loose clothing, large pillow, mirror, two hand towels, sesame seed oil, small cooking pan, meditation pillow or chair, mug and a change of socks.

Required Text: *The Ayurveda Encyclopedia by Swami Sada Shiva Tirtha; Ayurveda Binder*

Description: This elective will introduce the student to the fundamentals of Ayurveda. It will look at the 5,000 year-old history & philosophy. Students will explore the 5-element theory and the 3 doshas.

YTT—Anatomy and Physiology

Tuition: \$395

Dates: Saturday 7/17, 8/28
Sunday 7/18

Time: 10:00 am-2:00 pm

Dates: Sunday 8/29

Time: 9:00 am-5:45 pm

Hours: 20

Instructor: Nita Speilberg

Required Text: *Structural Yoga Therapy*

Description: This component is designed to give Yoga Students an awareness of the body's anatomical & physiological functions and structure.

YTT—Techniques and Teaching Methodology

Tuition: \$1445

Dates: Fridays 6/11, 6/18, 7/9, 8/20
Saturdays 6/12, 7/10, 7/24, 7/31, 8/14, 8/21,
9/11
Sundays 6/13, 6/27, 7/11, 7/25, 8/1, 8/15,
8/22, 9/12

Final Assessment: Saturday 9/19/10

Time: 9:00 am-4:45 pm

Hours: 165

Instructors: Barbara Moeller, Michelle Carlino, Lisa O'Brien

Required: Loose clothing, towel or yoga mat, one pillow & journal

Required Texts: *Yoga: The Spirit & Practice of Moving into Stillness, Hatha Yoga, Living Your Yoga, Bhagavad Gita Gita* & "Kripalu Posture Sheets"

Description: LIWS is a Registered Yoga School with Yoga Alliance—our 200-hour curriculum includes Yoga Techniques & Teaching Methodology, Introduction to Ayurveda and Yoga Anatomy & Physiology. This course provides the technical/teaching skills needed to become a beginner-level teacher. Students learn to execute a series of classical yoga postures; study their benefits & contraindications. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

