



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

YTT—Techniques and Teaching Methodology

Tuition: \$1445

Dates in 2010: 9/25, 10/2, 10/9, 10/10, 11/20, 12/5, 12/12

Dates in 2011: 1/8, 1/15, 1/16, 1/29, 2/5, 2/20, 3/13, 3/26, 4/9, 4/16, 5/14, 5/15

Final Assessment: Saturday 5/21/11

Time 9:00 am-4:45 pm

Hours: 165

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

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; Yoga Binder (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's and all-level teacher. Students learn to execute a series of classical yoga postures; study their benefits & contraindications. Emphasis is also placed on vinyasa flows as well as therapeutic components. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

YTT—Anatomy and Physiology

Tuition: \$395

Dates: Tuesdays 1/4/11 - 2/1/11

Time: 5:30 pm-9:30 pm

Hours: 20

Instructor: Nita Spielberg

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—The Science of Ayurveda

Tuition: \$790

Dates: Saturday 6/11/11

Sunday 6/12/11

Time: 9:00 am-5:00 pm

Hours: 15

Instructor: TBA

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; 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.

