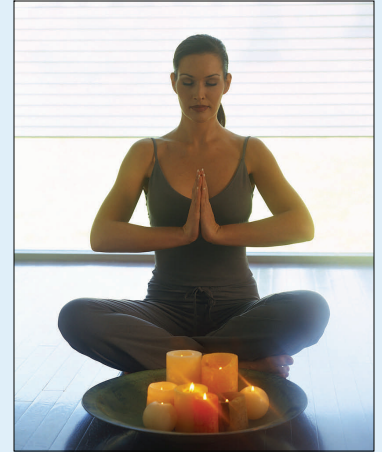


Lourdes Institute of Wholistic Studies

(856) 869 - 3134 www.lourdeswellnesscenter.org

Yoga Teacher Training *500 Hours*



Program Description: The Lourdes 500-hour certification includes coursework that will assist the students in deepening their individual sadhana practice and enhancing their teaching skills. Students will refine asana, pranayama, and mediation as individuals acquire the skills needed to teach the deeper practices in technique and methodology. The curriculum also calls for an in depth immersion into yogic philosophy, ethics, and lifestyle.

Prerequisites: Students must hold a 200-hour teaching certification from an approved school registered with Yoga Alliance.

Courses:

- **Hands on Assists for Yoga Teachers**

Instructor: Michelle Carlino, BA, CYT, RYT, CR Mon. 11/27 5:30 pm - 9:30 pm,
Sat. 12/9 9:00 am - 5:45 pm, Mon. 12/18 5:30 pm - 9:30 pm Tuition \$175.00

- **Advanced Asana: Inversions**

Instructor: Ed Dailey Ed Dailey, RN, RYT Sat. 11/18 & Sunday. 11/19 9:00 am - 5:45 pm Tuition \$175.00

- **Advanced Anatomy & Physiology: The Respiratory System**

Instructor: Nita Spielberg, BSN, CYT Sat. 1/20/07 6 Hours Time (TBD) Tuition \$75.00

- **Advanced Anatomy & Physiology: The Circulatory System**

Instructor: Nita Spielberg, BSN, CYT Sat. 2/3/07 6 Hours Time (TBD) Tuition \$75.00

- **Coupling Meditation Techniques with Yoga Practice**

Instructor: Barb Moeller MA, CYT, RYT, Sat. 3/3/07 & Sat. 4/14/07 9:00 am - 5:00 pm
Tuition \$175.00

**To register for this exciting program, please call
Lourdes Institute of Wholistic Studies at (856) 869 - 3134.**