



LIWS-YOGA TEACHER TRAINING CERTIFICATIONS PHASE I, II, III \$2630

YTT-200 Yoga Teacher Training: Phase I

Dates in 2009: 9/20, 10/4, 10/10, 10/11, 11/22, 12/6, 12/13/09

Dates in 2010: 1/9, 1/16, 1/17, 1/30, 2/6, 2/21, 2/28, 3/14, 4/11, 4/17, 5/8, 5/15/10

Final Assessment: Saturday 5/22/10

Time 9:00 am-4:45 pm

Hours: 165

Tuition: \$1445

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.

YTT-The Science of Ayurveda-Phase II

Dates: 6/5-6/6

Time: 9:00 am-5 pm

Hours: 15

Tuition: \$790

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-Phase III

Dates: 1/5, 1/12, 1/19, 2/13, 2/27

Time: 5:30-9:30 pm (1/5, 1/12, 1/19)
9:00 am-1:00 pm (2/13, 2/27)

Hours: 20

Tuition: \$395

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.

Payment Policy:

All class payments are due one week prior to the class start date.