

LIWS-YOGA TEACHER TRAINING CERTIFICATIONS

PHASE I, II, III \$2630

YTT-200 Yoga Teacher Training: Phase I

Dates: 1/18, 1/24, 1/25, 1/31, 2/1, 2/8, 3/1, 3/8, 3/22, 4/18, 4/19, 5/3, 5/17, 5/31, 6/6, 6/7, 6/14

Time: 9:00 am-5:45 pm

Tuition: \$1445

Final Assessment: Saturday 6/20

Time: 9:00 am-5:45 pm

Hours: 156

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* & "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 Phase Intensive-Phase I

Dates: 6/26, 6/27, 6/28, 7/10, 7/11, 7/12, 7/24, 7/25, 7/26, 8/14, 8/15, 8/16, 8/28, 8/29, 8/30, 9/12, 9/13

Time: 9:00 am-5:45 pm

Hours: 156

Final Assessment: Saturday 9/26

Tuition: \$1445

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

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

YTT-The Science of Ayurveda-Phase II

Dates: Saturday 8/1, Sunday 8/2

Time: 9:00 am-4:00 pm

Hours: 14

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*

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: Wednesdays 7/8-8/5

Time: 5:30-9:30 pm

Tuition: \$395

Instructor: Nita Spielberg

Required Text: *Structural Yoga Therapy*

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

Christian Yoga Teacher Training-Phase IV (Optional)

Date: Saturday 3/28

Time: 9:00 am-5:45 pm

Tuition: \$100

Instructor: Barbara Moeller

Required: "*Christian Yoga, The Body at Prayer*" & Christian Yoga Video

Students will learn how to use yoga as a sacred encounter with God—as an experience of the body at prayer. This professional training will provide you with the skills needed to teach a Christ-centered approach to yoga. Key components of the course will include lesson planning and delivery, engagement in yoga prayer with scripture and song, and an introduction to the rich background of yoga and meditation in the Christian tradition.