



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: 156

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: TBA in Spring Semester's Brochure

Time: TBA

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*

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: TBA in Spring Semester's Brochure

Time: TBA

Hours: 30

Tuition: \$395

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.