



# LIWS YOGA TEACHER TRAINING CERTIFICATIONS (PHASE I, II, III) TOTAL TUITION: \$2,500

## New YYT 200 Format Fall Yoga Teacher Training – (YTT 200) – Phase I

**Dates:**

8/4/07, 8/5/07, 8/12/07  
8/19/07, 8/25/07, 8/26/07  
9/8/07, 9/9/07  
9/30/07, 10/6/07, 10/7/07  
10/27/07, 11/4/07  
12/16/07, 1/6/07  
1/13/07, 1/20/07, 1/27/07

**Time:** 9:00 am – 5:30 pm

**Final Assessment:** 1/27/2007

**Time:** 5:30 – 9:30 pm

**Instructors:**

Spielberg, Moeller, Carlino, O'Brien

**Location:** Suite 422

**Required:** Loose clothing, towel or yoga mat, one pillow & journal

**Required Texts:** Yoga: The Spirit & Practice of Moving into Stillness, Yoga Basics, Living Your Yoga, Bhagavad- Gita Gita, & "Kripalu Posture Sheets" LIWS is a Registered Yoga School with Yoga Alliance - Our 200-hour curriculum includes Yoga Techniques & Teaching Methodology, Intro. 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  
**Phase II will be held in the Summer of 2008.**

Yoga Anatomy and Physiology – Phase III  
**Phase III will be held in the Summer of 2008.**

Please call us at (856) 869 - 3134 for more information.

Thank you.