



LIWS 2008 YOGA TEACHER TRAINING CERTIFICATIONS

YTT-200 Yoga Teacher Training: Phase I

Dates: 1/12, 1/13, 1/26, 1/27, 2/2, 2/3, 2/17, 2/24, 3/9, 3/29, 3/30, 4/6, 4/13, 5/10, 5/18, 5/31, 6/1

Time: 9:00 am-5:45 pm

Tuition: \$1375

Final Assessment: Saturday 6/7

Time: 9:00 am-5:45 pm

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*, *Yoga Basics*, *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 Phase Intensive-Phase I

Dates: 6/20, 6/21, 6/22, 6/27, 6/29, 7/11, 7/12, 7/13, 7/18, 7/19, 7/20, 8/8, 8/9, 8/10, 8/15, 8/16, 8/17

Time: 9:00 am-5:45 pm

Final Assessment: Saturday 9/13

Tuition: \$1375

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

YTT-The Science of Ayurveda-Phase II

Dates: Saturday 8/2, Sunday 8/3

Time: 9:00 am-4:00 pm

Tuition: \$750

Instructor: Corrine Corcoran, Ed.D.

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*

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 7/9-8/13 (no class on 7/23)

Time: 5:30-9:30 pm

Tuition: \$375

Instructor: Nita Speilberg

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: Sunday 9/14

Time: 9:00 am-5:45 pm

Tuition: \$75

Instructor: Barbara Moeller

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

This course can be taken as an adjunct to Wholisite Yoga Teacher Training or an individual certification for certified Yoga Instructors. Students will learn how to use yoga as a sacred encounter with God—as an experience of the body at prayer.



**Phase I, II, III
Total Tuition \$2,500**