



# LIWS-YOGA TEACHER TRAINING CERTIFICATIONS SUMMER INTENSIVE—200 HOUR PROGRAM (\$2630)



## YTT—The Science of Ayurveda

**Tuition:** \$790

**Dates:** Saturday, 6/2/12  
Sunday, 6/3/12

**Time:** 9:00 am-5:00 pm

**Hours:** 15

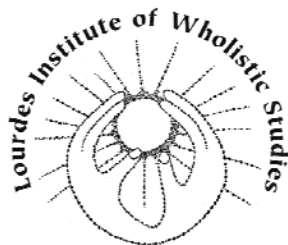
**Instructor:** Corrine Corcoran

**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 Texts:

*The Ayurveda Encyclopedia; 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.



Lourdes Institute of Wholistic Studies  
900 Haddon Avenue, Suite 114  
Collingswood, NJ 08108  
[www.LourdesInstitute.org](http://www.LourdesInstitute.org)

**To Register, Please Call:  
(856) 869-3134**

## YTT—Techniques and Teaching Methodology

**Tuition:** \$1445

**Dates:** Saturdays, 6/9, 6/16, 7/7, 7/21, 8/4, 8/11,  
8/18, 8/25, 9/8  
Sundays, 6/10, 6/24, 7/1, 7/8, 7/15, 7/29,  
8/5, 8/19, 8/26, 9/9

**Final Assessment:** Saturday, 9/15/12

**Time:** 9:00 am-4:45 pm

**Hours:** 165

**Instructors:** Barbara Moeller, Michelle Carlino,  
Lisa O'Brien, Nita Spielberg

**Required:** Yoga mat and notebook

### Required Texts:

*Yoga: The Spirit & Practice of Moving Into Stillness;  
Hatha Yoga Illustrated; Living Your Yoga;  
Bhagavad Gita; Yoga Binder (Kripalu Posture Sheets)*

**Description:** This course provides the technical/teaching skills needed to become a beginner's and all-level teacher. Students learn to execute classical yoga postures and study their benefits and contraindications. Vinyasa, advanced postures, pranayama, yoga nidra, meditation, yoga history and philosophy are explored in relation to teaching methodology and wholistic living. Students will have the opportunity to deepen their own physical and spiritual journey as well as learn how to teach and assist in a variety of clinical settings.

## YTT—Anatomy and Physiology

**Tuition:** \$395

**Dates:** Saturdays, 6/30/12 and 7/28/12  
Sunday, 8/12/12

**Time:** 10:00 am-4:00 pm

**Date:** Tuesday, 8/21/12

**Time:** 5:00 pm-7:00 pm

**Hours:** 20

**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 as it relates to yoga postures, movements, breath work and meditation.

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.