



## Advanced Teacher Training: Restorative, Yoga Nidra, and Hands On Assists

Thank you for your interest in Yogamaya's Advanced 300 Hour Teacher Training.

Our Advanced 9-Day Intensive Modules will enhance your teaching, your heart, and your knowledge. Taking all four of our 9-Day intensives will constitute a full 300-Hr Teacher and you will be able to register with the Yoga Alliance at the 500-Hr level. Each module is designed to stand-alone and may count as 75 hours of continuing education credit with the YA. Many teachers take individual modules covering topics they want to study more deeply.

All topics listed assume a basic working knowledge of each subject and will be taught at a more advanced conceptual and practical level.

**DATES:** March 4-12<sup>th</sup>, 2017

**TIMES:** Mon-Fri: 8am-5:15pm, Saturdays: 1-9pm, Sundays: 1-7:30pm

**WITH:** Stacey Brass, Shakti Assouline and Bryn Chrisman

**TUITION:** \$900

### Topics

1. Complete Restorative Yoga Training – Asana, Anatomy of Relaxation, Use of Props, Looking at Bodies
2. Yoga Nidra – Fundamentals, Methodology for practice and guiding others, practical applications (curing insomnia/anxiety)





3. Basic Sanskrit and Chanting that can be used during Nidra
4. The Art of Assisting – Intelligent approach to adjusting students, reading bodies, and effective hands on communication of alignment and information in asana.

### Schedule

#### **Saturday March 4<sup>th</sup>**

- 1-3:45pm – Stacey (*Restorative*)
- 6-9pm – Stacey (*cont'd*)

#### **Sunday March 5<sup>th</sup>**

- 1-7:30pm – Bryn (*Assisting*)

#### **Monday March 6<sup>th</sup>**

- 8am-12:15pm – Bryn (*Assisting*)
- 1:45-5:15pm – Bryn (*Cont'd*)

#### **Tuesday March 7<sup>th</sup>**

- 8am-12:15pm – Shakti Assouline (*Yoga Nidra*)
- 1:45-5:15pm – Shakti (*cont'd*)

#### **Wednesday March 8<sup>th</sup>**

- 8am-12:15pm – Stacey (*Restorative*)
- 1:45-5:15pm – Stacey (*cont'd*)

#### **Thursday March 9<sup>th</sup>**

- 8am-12:15pm – Stacey (*Restorative*)
- 1:45-5:15pm – Stacey (*cont'd*)





### **Friday March 10<sup>th</sup>**

- 8am-12:15pm – Shakti Assouline (*Yoga Nidra*)
- 1:45-4pm – Shakti (*Cont'd*)

### **Saturday March 11<sup>th</sup>**

- 1-3:45pm – Stacey (*Restorative & Pranayama*)
- 6-9pm – Stacey (*cont'd*)

### **Sunday March 12<sup>th</sup>**

- 1-7:30pm – Shakti Assouline (*Yoga Nidra*)

At the completion of this module, each participant will be asked to write a paper (topic to be explained in person) in order to practically apply what you've learned and to fulfill the 75-hr requirement.

Attendance is required for all scheduled dates and times in order to receive a certification. Missed days can be made up and we handle them on an individual basis.

Your tuition includes unlimited classes at Yogamaya for the duration of the program. You will receive a special on-going Yogamaya Grad Rate after you have completed our 300hr program.

We request that all interested applicants have a minimum of one year teaching experience and attend a few classes at Yogamaya between Stacey & Bryn to ensure this is the right environment for your yoga study. Exceptions can be made for people coming from out of town, but will require a personal conversation in addition to your application.





We invite you to join in this long and ancient lineage of seekers taking the next steps.

For all inquires please email Stacey at [Stacey@yogamayanyork.com](mailto:Stacey@yogamayanyork.com). We look very forward to meeting you and guiding you on this important journey.

Yogamaya is registered with Yoga Alliance at the 200-Hr and 300-Hr Level.

