



Advanced Teacher Training: Ayurveda, Shastra and Inspired Teaching

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: December 3-11th, 2016

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

WITH: Dr. Marballi, Stacey Brass, Bryn Chrisman, Deborah Bagg and Julie Pasqual

TUITION: \$900

Topics

1. How to bring what inspires you into the classroom and connect it to the practice of Yoga & Asana
2. Discovering your voice and teaching points to help make you a better teacher





3. Intermediate Ayurveda for personal health and for the classroom (assumed basic knowledge)
4. Holding space in your class, psychological influences on the teacher and the classroom
5. Deep study and practical understanding of shastra (sacred texts): The Bhagavad-Gita and The Ramayana

Schedule

Saturday Dec 3rd

- 1-3:45pm & 6-9pm – Books, Poems and Yogic Inspirations with Stacey

Sunday Dec 4th

- 1-7:30pm – Teaching from your Inner Life with Bryn

Monday Dec 5th

- 8am-12:15pm & 1:45-5:15pm – Ancient Teachings, Modern Life – Stories & Lessons from the Ramayana and bringing relevantly into the classroom w/ Julie

Tuesday Dec 6th

- 8am-12:15pm & 1:45-5:15pm – Ancient Teachings, Modern Life - Nectar from the Gita, Life Lessons, and bringing this nectar into the classroom w/ Julie

Wednesday Dec 7th

- 8am-12:15pm & 1:45-5:15pm – Yoga & Psychology: Self Study in the classroom with Deborah





Thursday Dec 8th

- 8am-12:15pm & 1:45-5:15pm – Ayurveda with Dr. Marballi

Friday Dec 9th

- 8am-12:15pm & 1:45-4pm – Ayurveda with Dr. Marballi

Saturday Dec 10th

- 1-3:45pm & 6-9pm – Books, Poems and Yogic Inspirations with Stacey

Sunday Dec 11th

- 1-7:30pm – Bhakti Yoga and Asana, “The Perfect Pair” + Festival with Bryn

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 asana classes at Yogamaya for the duration of the module. You will receive a special on-going Yogamaya Grad Rate after you have completed our 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 inquiries please email Stacey at 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.

