

Yogamaya's Illuminated Journey: Winter Weekends 2017

DATES: January 20th – May 21st, 2017

TIMES: Saturday: 1-4pm & 6-9pm, Sunday: 1-7:30pm

WITH: Bryn Chrisman, Stacey Brass + Faculty

TUITION: \$3300, Early Bird \$3150 before 11/30/2016, Payment plans available

INFO MEETING: Thursday October 13, 8:15pm at Yogamaya,

RSVP to Stacey@yogamayanewyork.com

Rich in both ancient traditions and modern perspectives, Illuminated Journey is a full spectrum program for those who want to teach yoga or dive deeper into their personal practice.

We focus the asana portion of our Teacher Training on the clear understanding of foundational alignment and how to use this knowledge to sequence yoga classes with creativity and intelligence. In our training you will start to find your teaching voice the very first weekend. Our students graduate with the tools and experience to teach a solid 75min vinyasa class, along with yogic knowledge to cultivate spiritual growth and humility.

Illuminated Journey will take place over 14 weekends between January 20th and May 21st 2017. Several of the Saturday sessions will go from 1-7:30pm with a short break, and others will go from 1-4pm and 6-9pm. *The topics and teachers will be listed soon.*

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. In addition to the set calendar, there are required classes, readings, written homework



assignments, and mentor and buddy meetings all to help process and consolidate the material covered during in-class sessions.

Calendar

Week 1: Jan 20, 21/22

Week 2: Jan 28/29

Week 3: Feb 4/5

Week 4: Feb 11/12

Off for President's Day Weekend: Feb 18/19

Week 5: Feb 25/26

Off for Winter Break: March 4-12

Week 6: March 18/19

Week 7: March 25/26

Week 8: April 1/2

Week 9: April 8/9

Off for Easter Weekend: April 15/16

Week 10: April 22/23

Week 11: Apr 29/30

Week 12: May 6/7

Week 13: May 13/14

Week 14: May 20/21



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 program.

We request that all interested applicants have a minimum of one year Vinyasa practice and attend at least 5 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 questions about our payment plans, to request an application, or any other inquires, please email Stacey at Stacey@yogamayaneyork.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.

