



Advanced Teacher Training: Hands On Assists, Props, How To Teach Levels & Individuals

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: June 10th-18th, 2017

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

WITH: Stacey Brass, Bryn Chrisman & Keely Garfield

TUITION: \$900

Topics

1. A thorough approach to the art of adjusting and hands on assists
2. Differences between Levels of students and how to successfully create specific level classes including cueing, alignment, concepts and sequencing.





3. Creative use of props for active asana classes to teach alignment, actions and preparations
4. Working with individuals and offering modifications, suggestions and tailored practices
5. Incorporating chairs and support for individuals working with specific issues

Schedule

Saturday June 10th

- 1-4pm, 6-9pm Stacey (*How to teach Levels*)

Sunday June 11th

- 1-7:30pm – Keely (*Chairs & Individuals*)

Monday June 12th

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

Tuesday June 13th

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

Wednesday June 14th

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





Thursday June 15nd

- 8am-12:15pm – Stacey (*Assisting*)
- 1:45-5:15pm – Stacey (*Assisting*)

Friday June 16th

- 8am-12:15pm – Bryn (*Props & Assisting*)
- 1:45-4pm – Bryn (*cont'd*)

Saturday June 17th

- 1-4pm, 6-9pm Stacey (*How to teach Levels*)

Sunday June 18th

- 1-7:30pm – Bryn (*Props & Assisting*)

After the completion of this module each participant will be scheduled to assist in 4 classes taught by Stacey and/or Bryn in order to fulfill the 75-hour 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 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. 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.

