



## Advanced Teacher Training: Ayurveda, Sacred Texts and Inspiration

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 2<sup>nd</sup>-10<sup>th</sup>, 2017

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

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

**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 the Bhagavad Gita





## Schedule

### **Saturday Dec 2<sup>nd</sup>**

- 1-7:30pm – Books, Poems and Inspiration with Stacey

### **Sunday Dec 3<sup>rd</sup>**

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

### **Monday Dec 4<sup>th</sup>**

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

### **Tuesday Dec 5<sup>th</sup>**

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

### **Wednesday Dec 6<sup>th</sup>**

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

### **Thursday Dec 7<sup>th</sup>**

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

### **Friday Dec 8<sup>th</sup>**

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

### **Saturday Dec 9<sup>th</sup>**

- 1-7:30pm – Books, Poems and Inspiration with Stacey

### **Sunday Dec 10<sup>th</sup>**

- 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 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.

Yogamaya is registered with Yoga Alliance at the 200-Hr and 500-Hr Level.

*\*\*For all inquiries please email us at [TTinfo@yogamayanewyork.com](mailto:TTinfo@yogamayanewyork.com).*



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