

Some of the many changes that occur with yoga teaching.....

- A change in career. Looking forward to working.
- Point blank. You will feel better than any other time in your life.
- Meeting a group of like minded people with the same interests and potential for growth.
- Intuition is enhanced.
- You create the world in which we all seek: compassion to help others, compassion within yourself.
- Unlimited love for yourself & others

Training dates are once a month for a full weekend, starting on October 21st 2016., and continuing 1X a month, for 9 months. Friday, 6-9 p.m. Sat. 8-5 p.m. Sunday 8-4 p.m. Contact (513) 204-5657

“Even though I was not looking for change, it found me. After completing my 200 hr. and practicing yoga for a time, I just FELT different, in a very good way. Cleansed. I felt better in my 40's than in my 20's. My life took on new meaning, and I can't wait to share this with others. I am committed to this path of yoga, and continue to study to this day. My changing has even spread to my family: My husband practices, and my daughter has become a yoga



“Teaching Yoga from the Heart”



Anahata Yoga Center is registered with Yoga Alliance, a non-profit organization that serves, promotes yoga to the public. Anahata has met and exceeded the standards for a 200 hr. registered yoga teacher training program. Participants will receive (upon completion of program) a certificate from Yoga Alliance, stating that students have met all requirements set forth by Yoga Alliance, and can now be registered as a 200 Hour yoga Teacher.

Anahata Yoga Center

Full Yoga Immersion and Teacher Training Program



Anahata Yoga Center
770 Reading Road, Suite D
(right next to Ace Hardware)
Mason, Ohio 45040
(513) 204-5657

More info available at:
www.MasonYoga.com

Full Yoga Immersion and Teacher Training Program

The time is now to create profound change within yourself. Unlock your potential. Your desire need only be to delve into yoga deeper. You will be supported on every level and you learn to find your own unique style and teaching voice. One of the many strengths of this program is that it's eclectic; offering many different styles and teachers to learn from.



We are a privately owned center deeply committed to the spiritual and physical core of yoga practice as a powerful living tool for transformation and healing. Learn how to do yoga correctly, safely, from teachers who have studied yoga together for over 35 years. We will challenge you on every level and leave you changed forever.

Outline of Syllabus

Asana Practice Sun salutes and various vinyasa flow series, Ashtanga primary series, the use of props, yoga therapy and yoga applications for health conditions. Students self practice under teacher's tips and guidance, and practical exam of asanas.

Kriyas Theory and practice, bandhas, pranayama to include various types, mudras different meditation techniques, mantras and chanting.

Teaching Methodology Subtle art of teaching, intentions and observations, sequencing, class management and class routine, physical adjusting correction techniques, the business of yoga, self promotion, communication and building conscious interactions.

Anatomy and Physiology General movement and body terminology, systems of the human body including nervous, skeletal, muscular systems and their relations to yoga asanas, energy channels and chakras theories.

Yoga Philosophy History, definitions, contemporary meaning, different paths of yoga, Patanjali yoga sutras and other yogic texts, lifestyle, ethics, principles of diet and meaning.

Practicum Practice teaching classes in various groups, practical exam, feedback given.



9 Month Teacher Training. Cost is \$2750.00. \$500 Deposit needed to secure spot in training. Limited number of slots available. 200 hour Yoga Registered Certification by Yoga Alliance will be given out once all the requirements are met.

Here is what are trainees are saying:

"This training was life changing for me. Even though I had been practicing yoga and teaching children's yoga for years, I needed to grow in other ways. I am so grateful to have had the opportunity to study with teachers who innately understood what I needed and where I needed to go with my teaching."

"Anahata Yoga Center is amazing! I believe any person interested in yoga can deepen their practice, learn new skills and enhance their life by practicing here."

"Yes, Paula really brought out the best in each of the students. We all had different life experiences, varied in age, skills and yoga practices. She helped each of us deepen our knowledge and passion for yoga. She is an excellent teacher, extremely professional, caring and dedicated to the yoga lifestyle and teachings!"

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