



IGNITE YOUR SOUL



SHARE YOUR PASSION

2011 **YOGA U TEACHER TRAINING**
FEBRUARY - JUNE (1&2)
SEPTEMBER - DECEMBER (3)

① Ignite Your Soul

The party gets started and your inner desires get stoked. Learn the key aspects of hatha yoga, pranayama (breathing), meditation and yoga's philosophies.

100+ hours of practice and study in:
Alignment and Forms of over 60 asanas.
Meditation and Pranayama.
Yoga's history: Veda, Buddhism and Tantra.
Anatomy and Kinesiology
Certificate of Completion

FEE:
\$1800 (4 weekends) Pat 1 only
\$2995 (7 weekends) Parts 1 & 2



② Share Your Passion

The best part begins now, sharing what you know. Learn the skills to put your practice into words.

100+ hours of practice and study in:
Teaching Skills & Practice Teaching Adjustments
Indian Myth, Bhagavadgita and Tantra
Sequencing
Sanskrit for Yoga Teachers
Certificate of Completion

FEE:
\$1400 (3 weekends) Part 2 only**
** need to have completed Part 1
\$2995 (7 weekends) Parts 1 & 2



③ Joint PhD

Calling all teachers! This is what you've been waiting for (drumroll...), the final 300 hours to a 500 Hour Yoga Alliance Training.

300+ hours of practice and study in:
Alignment and Forms for more asanas
Therapeutics Training
Adjustments
Philosophy, Gods, Goddesses & Mantras
Class mentoring, assisting
Teaching feedback
Certificate of Completion

FEE:
\$2495 (7 weekends) Part 3 only**
** need to have completed Part 2
\$5195 (14 weekends) Part 1, 2 & 3

Dates:
March 5-6 April 9-10
March 26-27 April 30-May1



Dates:
May 14-15 June 18-19
June 4-5



Dates:
Sept 10-11 Oct 22-23 Nov 19-20 Dec 17-18
Oct 1-2 Nov 5-6 Dec 3-4

Why take Saraswati's Yoga Joint's Teacher Training program? Only because it is one of the most thorough and effective teacher training programs in the country. Organized and led by internationally known teacher, Mitchel Bleier, with the Joint's two leading ladies, Donna Jackson and Tracy Bleier, you get the expertise of three incredible yogins with over 30 years of combined experience. At Saraswati's Yoga Joint, yoga in all its varied forms has a celebrated place. What makes Saraswati's distinctive is its ability to draw on a spectrum of great yogas. Saraswati's Yoga Joint encourages the thoughtful application of a needed yoga, rather than a blindly prescribed yoga. In that way, teachers are asked to be accountable, and know why they are making the choices they are making. At The Joint the yoga classes mirror life's yoga, where you are asked to engage in situations appropriately and optimally knowing that there is never just one way or one response.



The training is designed for serious students interested in becoming teachers; current teachers wishing to refine their craft; or students wanting to expand their practice and understanding of all aspects of the practice of yoga. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga, empower you to live to your highest potential and lead you to share this profound practice with others.