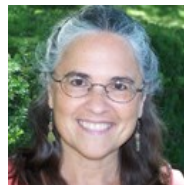




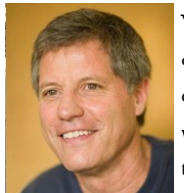
**Angela Caplan**, E- RYT 500 and Anusara Certified '07-'12, is co-director and co-owner of Shakti Yoga, teaches yoga at Shakti and U of R. Angela is a certified Relax & Renew Trainer© and recently released a relaxation CD titled *Rest Deeply*.



**Jacki McCausland**, E- RYT 500 and Anusara Certified '09-'12, is co-director and co-owner of Shakti Yoga, teaches yoga at the University of Rochester, and teaches dance as an adjunct faculty SUNY Geneseo.



**Ruth Ann Polito**, E-RYT 500 and Anusara-inspired '06-'12, teaches at Shakti Yoga and Livingston Arts Center, has studied with renowned teachers Deb Neubauer, Ellen Saltonstall and Jack Kornfield.



**William Mahony Ph.D.** is a professor of religion and Chair of the Religion Department at Davidson College. He holds degrees from Williams, Yale and Chicago Universities. Bill was an editor and major contributor to the first edition of the *Encyclopedia of Religion* and author of *The Artful Universe* and *Exquisite Love*.



**Ellen Saltonstall**, E-RYT 500, has an extensive background in Iyengar and Anusara yoga, teaches anatomy and therapeutics as well as yoga workshops and trainings internationally and in NYC. She has recently co-authored two books with Dr. Lauren Fishman entitled *Yoga for Arthritis* and *Yoga for Osteoporosis*.



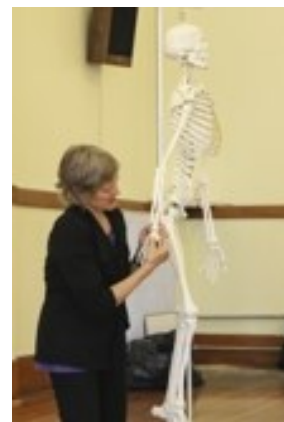
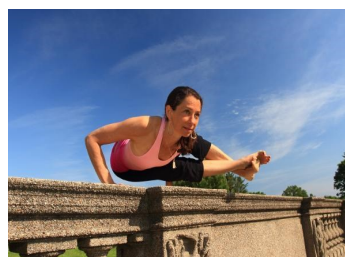
**Deb Neubauer**, E-RYT 500, has of formal practice and in-depth study of yoga, including 12 years in the Iyengar method and over 20 years in Anusara Yoga. Deb is a highly skilled teacher trainer who presents sound methodology, refined technique and poetic inspiration.



**Sonam Targee** has had a clinical practice combining Ayurveda and traditional Chinese medicine for 20 years. He is a member of the National Ayurvedic Medical Association, has studied extensively with Dr. Vasant Lad, a graduate of the New England School of Acupuncture and practices yoga and Tai Chi.



**Joseph Schmidlin** is an Osteopath, Cranio-Sacral and Massage therapist with a long held practice in Rochester, NY. He teaches and offers trainings in integrative approaches to healthcare nationally and internationally.



**Shakti Yoga, 2 School St., Box 515 Geneseo, NY 14454**

**[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com)**

**585-243-5240 [shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com)**



# Shakti Yoga 2016

**200 HOUR  
TEACHER  
TRAINING &  
IMMERSION**

*Breathe easy and trust the wisdom if your heart.*



*With*  
**Angela Caplan, Jacki McCausland and  
Ruth Ann Polito**

*and*

**Special Guest Teachers:**

**Dr. William Mahony *yoga philosophy***  
**Ellen Saltonstall *anatomy and therapeutics***  
**Deb Neubauer *asana and assisting***  
**Sonam Targee *Ayurveda, kirtan***  
**Joseph Schmidlin, *experiential anatomy***

*Become inspired...immerse yourself in yoga.*

*Yoga is a journey on the path to knowledge of your inner Self, your own essence nature. A skilled yoga teacher acknowledges this, guiding students to affirm and reveal their own inherent natural strength, wisdom and beauty.*

*We warmly welcome you to step into the Teacher Training and Immersion programs where you will cultivate a growing and dynamic relationship with yourself in yoga through learning and through teaching.*



The **Teacher Training** segment is specifically designed for those wishing to learn the art and skills of teaching yoga. It is also open to those who simply want to step more deeply into the path of yoga.

The **Immersion** segment is an integral part of the teacher training, and it also serves as a stand alone program for any yoga student who wants to deepen his/her understanding of the yoga tradition, philosophy and practice of yoga.

**\*Note: Both segments are necessary to complete the requirement for RYT 200 teacher certification and registry with Yoga Alliance.**

## Shakti Yoga 200-hour Teacher Training

Includes the two segments below.

### TEACHER TRAINING (140 hours)

The Art and Skill of Teaching Yoga

- Learn a strong overall foundation of teaching with confidence
- Discover your own voice and creative expression in teaching
- Practice teaching in a supportive environment
- Plan lessons with clear instructions and inspiring themes
- Learn how to observe, assist, and demonstrate poses
- Offer your teaching as service
- Refine and deepen your own asana practice
- Learn anatomy fundamentals and yoga therapeutics
- Learn basics of Ayurveda for healthy living
- Discuss elements of ethics, lifestyle, community and livelihood

**Requirements:** Regular weekly yoga classes; study of assigned readings; written assignments; practice teaching asana; culminating practical and written assessment exam. Note: fees for assigned books and manual are not included

### IMMERSION (60 hours)

Deepening the Practice & Yoga Philosophy

*This segment may be taken as a stand alone for self-enrichment.*

- Learn about the history and traditions of yoga
- Study and discuss yoga philosophy and its essential teachings
- Be guided in refinements of your asana practice
- Learn principles of yoga alignment
- Begin or deepen a meditation practice
- Learn and practice basic pranayama techniques
- Engage with contemplative practices of reflection & journaling
- Participate in exercises of creative expression
- Be introduced to Ayurveda, experiential anatomy and kirtan

**Requirements:** Regular weekly yoga classes; study of assigned readings; journaling; culminating assessment exam.

Note: fees for assigned books are not included.

## Teacher Training 2016 segment :

January 15,16,17,18  
February 26,27,28  
March 18,19,20  
April 15, 16,17  
May 13,14,15  
June 10,11,12

Fridays 5:00-8:30 pm; Saturdays, 10:00-6:00 pm;  
Sundays, 10:00-6:00 pm; Monday, Jan.18, 10:00-5:00 pm

## Immersion 2016 segment:

September 9,10,11  
October 7,8,9  
November 4,5,6  
December 2,3,4

Fridays 6:00-8:30 pm; Saturdays, 10:00-6:00 pm ;  
Sundays, 10:00-5:00 pm

## Fees

Entire 200-hour Teacher Training program: \$3000

Teacher training segment only: \$2100

Immersion only: \$900

Early bird for entire 200 hour program: \$2800 by 11/15/15

Installment plans available. Contact us.

Send payments to:

Shakti Yoga, PO Box 515, Geneseo, NY 14454

Checks payable to: Shakti Yoga.

*Sorry, we do not accept credit card payments.*

*Thank you!*

*Jacki and Angela*

*Shakti Yoga co-owners*