



Angela Caplan, E- RYT 500 and Anusara Yoga certified '07-'12, is co-director, co-owner and teacher at Shakti Yoga. Angela is a certified Relax & Renew Trainer©, offers private sessions in yoga and in chakra balancing, and is a member of the IAYT.



Jacki McCausland, E- RYT 500 and Anusara Yoga certified '09-'12, is co-director, co-owner, teacher at Shakti Yoga, and certified Relax & Renew Trainer©. She is owner / director of the Valley School of Dance, and teaches dance at SUNY Geneseo.



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



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*.



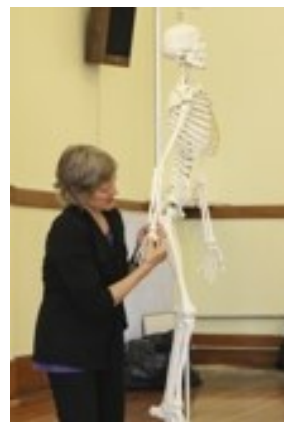
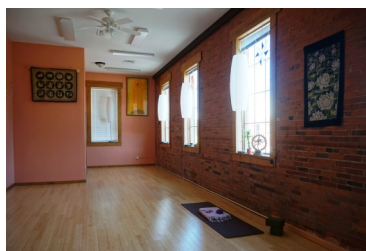
Ellen Saltonstall, E-RYT 500, has extensive background in Iyengar and Anusara yoga, teaches asana, anatomy & therapeutics in NYC and internationally. Her books: *Anatomy and Yoga: A Guide for Students and Teachers*, as well as *Yoga for Arthritis* & *Yoga for Osteoporosis*, both co-authored with Loren Fishman.



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 integrative healthcare practitioner and specialist in the Osteopathic modalities of Cranio-Sacral, visceral manipulation, body reading and listening techniques, applied anatomy and physiology, and sound healing. He teaches and offers trainings internationally.



Shakti Yoga 2017-2018

200 HOUR
TEACHER
TRAINING

Breathe easy and trust the wisdom of your heart.



With
Angela Caplan, Jacki McCausland and
Ruth Ann Polito

and

Special Guest Teachers:

Dr. William Mahony yoga philosophy
Ellen Saltonstall anatomy in asana
Sonam Targee Ayurveda and Kirtan
Joseph Schmidlin experiential anatomy

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

www.shaktiyogageneseo.com

585-243-5240 shaktiyogageneseo@gmail.com

Become inspired....immerse yourself in yoga. Yoga is a journey on the path of knowledge of your own Self, which guides the individual to the affirmation and revealing of his/her own inherent and natural strength and inner wisdom. This training program offers the student a means to learn and cultivate the necessary skills to teach others while establishing in one's own being the experience of yoga's deepest worth and long lasting benefits-physically, mentally, and spiritually.



We welcome you to step into this training program for your own personal growth or if your goal is to become a certified hatha yoga teacher. In either case, you will cultivate a dynamic and enlivened relationship with the practices of asana, meditation, pranayama, chanting, reflection, and contemplation as well as the enlightening study of yoga's living philosophy. Learn to live your yoga!

Shakti Yoga 200-hour Teacher Training

Part I: Deepening the Practice & Yoga Philosophy

September–December 2017

- 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

Part II: The Art & Skill of Teaching Yoga

January–June 2018

- Learn a strong overall foundation of teaching with confidence
- Discover your own voice and creative expression in teaching
- Teaching practicum 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 about anatomy fundamentals, common misalignments and pathologies
- Learn basics of Ayurveda for healthy living
- Discuss elements of ethics, lifestyle, community and livelihood

Training Requirements: Regular home practice; classes at Shakti Yoga at a 20% discount; study of assigned readings; written assignments; journaling; culminating assessment exams. Note: fees for assigned books are not included.

TEACHER TRAINING Weekends:

Part I

September 8,9,10

October 13-15

November 10-12

December 8-10

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

Sundays, 10:00-5:00 pm

Part II

January 19-21

February 23-25

March 23-25

April 20-22

May 18-20

June 8-10

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

Sundays, 10:00-6:00 pm

FEES

Entire 200-hour Teacher Training program: \$3000.

Early Bird by August 1, 2017: \$2800.

Inquire about discounts for SUNY students or former Teacher Training graduates.

Contact us about installment plans.

Application on website: www.shaktiyogageneseo.com

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

Co-owners, directors

Shakti Yoga

Registered Yoga School, RYS with Yoga Alliance