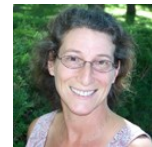




Angela Caplan, E- RYT 500 Anusara Yoga certified '07-'12, Shakti Yoga co-owner and teacher, certified Relax & Renew Trainer©, offers private yoga sessions, member of the IAYT, YACEP provider.



Jacki McCausland, E-RYT 500 Anusara Yoga certified '09-'12, Shakti Yoga co-owner and teacher, Relax & Renew Trainer©, Valley School of Dance owner, dance faculty at SUNY Geneseo, YACEP provider.



Ruth Ann Polito, E-RYT 500 Anusara Yoga inspired '06-'12, Shakti Yoga and Livingston Arts Center yoga teacher, LMT- licensed massage therapist, YACEP provider.



Barrie Risman, E-RYT 500, was a co-founder of Shri Yoga, Montreal '11-'16 ; a senior Anusara Yoga teacher '03-'12; offers an online Mentoring Program *The Skillful Yogi*; co-director of World Spine Care Yoga Project; writing a book *Evolving Your Yoga*.



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



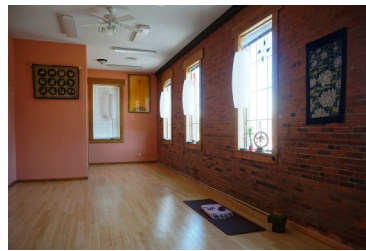
Ellen Saltonstall, E-RYT 500, C-IAYT has extensive background in Iyengar and Anusara yoga, anatomy and therapeutics in NYC and internationally. Her books: *Anatomy and Yoga: A Guide for Students and Teachers*, as well as *Yoga for Arthritis* & *Yoga for Osteoporosis*.



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, studied extensively with Dr. Vasant Lad, and a graduate of New England School of Acupuncture.



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.



Shakti Yoga 2018- 2019

200 HOUR
TEACHER
TRAINING

Breathe easy and trust the wisdom of your heart.



With
Angela Caplan, Jacki McCausland and
Ruth Ann Polito

with Special Guest Teachers:

William Mahony yoga philosophy
Ellen Saltonstall anatomy & asana
Barrie Risman asana & philosophy
Sonam Targee ayurveda & kirtan
Angela Rudert philosophy storytelling
Joseph Schmidlin applied 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 2018*

- 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 2019*

- 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: A regular home practice; weekly classes at Shakti Yoga (10% discount); observation classes at Shakti Yoga; study of assigned readings; written assignments; journaling; assessment exams after Part I and II of training. Note- fees for assigned books are not included.

TEACHER TRAINING 2018-2019 Dates:

Part I

September 7,8,9
October 12,13,14
November 9,10,11
December 7,8,9
Fridays, 6:00-8:30 pm; Saturdays, 10:00-6:00 pm;
Sundays, 10:00-5:00 pm

Part II

January 25,26,27
March 1,2,3
March 22,23,24
April 5,6,7
May 17,18,19
June 14,15,16

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

FEES

Entire 200-hour Teacher Training program: \$3200.
Early Bird by July 1, 2018: \$3000.

SUNY students: 20% discount. Discounts for former Shakti Yoga 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*