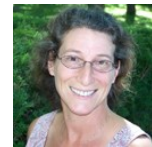




**Angela Caplan**, E- RYT 500 Anusara Yoga certified '07-'12, Shakti Yoga co-owner and teacher, certified Relax & Renew Trainer©, offers private yoga sessions, member of the IAYT, YACEP provider.



**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*.



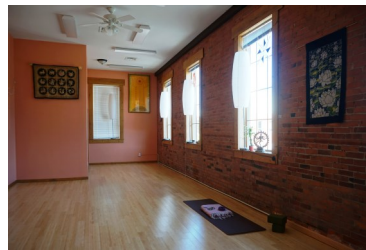
**Ellen Saltonstall**, E-RYT 500, C-IAYT has extensive background in Iyengar and Anusara yoga, anatomy and therapeutics in NYC and internationally. Her books: *Anatomy and Yoga: A Guide for Students and Teachers*, as well as *Yoga for Arthritis* & *Yoga for Osteoporosis*.



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

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