



Yoga as a path of learning, of deepening awareness, of sharing.

The 300-Hour yoga teacher training program

The staff at Yoga Central is offering the 300-hour yoga teacher training program as a way for serious teachers to be skillfully guided deeper into the rich subject of yoga. More comprehensive, informative, detailed, and personalized than the basic 200-hour training, it offers a path for incorporating the physical, psychological, and spiritual aspects of yoga into modern life, while deepening the sacred connection. The 300-hour program is flexible enough that the student can delve deeper into desired areas of interest whether yoga philosophy, anatomy, pranayama, sequencing, meditation, or more.

Topics will be offered in more detail, and students will study with several experienced professional teachers who are very accomplished in their topics, rather than by one teacher trying to teach everything.

These hour totals are of approved study and recognized systematic training with qualified teachers. Syllabus available upon request.

E-RYT stands for Experienced Registered Yoga Teacher. Like the RYT title, E-RYT is a Yoga Alliance classification. E-RYT recognizes certain advanced instructors as having the ability to teach at a higher level and to be able to help other teachers advance. After completing both the 200-hour and the 300-hour course you can become an RYT-500, but more importantly you will become a teacher better able to lead and guide students through healthier, deeper, and more balanced yoga practices. We owe it to our students to keep learning.



How to apply:

Download, fill out, and return the application form, together with a \$300 non-refundable deposit. This deposit will be applied toward your first module of teacher training and all your books.

We will also bring nationally recognized teachers to Yoga Central for serious educational workshops on the important topics of yoga. These workshops can be used for your elective hours.

Based on the modules/workshops offered, this program can be completed within a 2 – 3 year period, but may take more or less time, depending on the student.

Total cost is \$2750 (includes books and access to all the regular ongoing yoga classes at Yoga Central and The Yoga Place).



Teachers

Rhonda Kuster

E-RYT-500
Inversions
Sanskrit

Margot Milcetic

E-RYT-500
Philosophy
Anatomy

Mike Curtis

E-RYT-500
Alignment
Sequencing
Backbends

Melissa Codispoti

RYT-500
Ayurveda

Areas of Study include:

- Vinyasa Yoga
- Restorative Yoga
- Yin Yoga
- Prenatal Yoga
- Body mechanics/functional movement
- Anatomy
- Ayurveda
- Mantra and Sanskrit
- Anti-Gravity Yoga with Kedric Wolfe's patented system.
- Bhagavad Gita and Dharma
- Meditation
- Pranayama
- Therapeutics
- Sequencing and Teaching Methodology/techniques
- Sutras and Philosophy
- Yoga for Athletes
- Kirtan
- Joseph Campbell, Huston Smith
- Advanced use of props