



REGISTRATION FORM

ENERGY MEDICINE YOGA - MAY 17 - 20, 2018

Teacher Training with Lauren Walker

Level I Total: 30 hours.

This class will cover the basic elements of EMYoga and leave you with the skills to teach the basic theories and elements. Pre-reqs: a 200 hour yoga teacher training or equivalent. If you are not a teacher, but have a long time practice and would like to take this class as an immersion, please contact Lauren directly at EMY@LKWalker.com for permission. You will receive a level I EMY certificate of completion upon completion of written exam and teaching demo.

The training is for those who have completed their RYT200 or by permission.



Learn to teach simple techniques to:

- Strengthen your immune system
- Keep yourself young
- Change your habit patterns
- Increase flexibility and focus
- Strengthen deep core muscles
- Boost your vitality and stamina

Teaching Curriculum Includes:

- The Wake Up
- EMYoga Sun and 5 element Salutations
- Triple Warmer/Spleen partnership
- Electric Warrior series

This workshop will take place
9am-6pm Thursday (5/17) - Sunday (5/20)
at Blueberry Gardens,
237 Ashton Road, Ashton, MD 20861.

Lauren Walker is the author of *Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice* (Sounds True, 2014) and *The Energy Medicine Yoga Prescription* (Sounds True, 2017). She's been teaching yoga and meditation since 1997 and created Energy Medicine Yoga while teaching at Norwich University. She teaches EMYoga across the US and internationally and has been featured in Yoga Journal, Mantra +, Yoga Digest, and The New York Times. She was recently named one of the top 100 most influential yoga teachers in America. For more of her work, see EMYoga.net

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E-Mail: _____

Sign me up for the Energy Medicine Yoga Teacher Training May 17 - 20, 2018 (Level I - 30 hours) with Lauren Walker at Blueberry Gardens, Ashton, MD.

\$600 if you register by May 1st. (Save \$50 with early registration) \$650 if you register after May 1st.

Payment Type: Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____