

An Authentic Journey into Yoga, Health and Happiness: The Creation of A Successful Life

RYAH/ Schelter - 200-Hour Yoga Teacher Training

The premier certified Registered Yoga Teacher Training Program to explore and expand your life possibilities and purpose

Senior Teacher, ERYT 200, Phyllis Bookspan: RYAH Yoga and Health Founder and Law Professor
Senior Teacher, ERYT 500, Jennifer Schelter: Yoga Schelter Founder, Yoga Unites ® Founder
Acclaimed guest teachers

This unique teacher training is for those who want to become certified Registered Yoga Teachers and for those who want to re-invent, define and expand their possibilities of a successful life. All aspect of a traditional yoga teacher training will be honored. Many programs will open doors for you and prepare you to teach yoga. The RYAH Schelter Teacher Training Program takes it one step further by challenging students to define personal success and happiness. Through individual and guided group exercise we will explore: what is in the mind of true success and happiness? What is the heart of a true success and happiness? Our philosophy provides a truly integrated yoga teacher training program that provides a safe space to learn, as you think and feel creatively about what s possible in your life. We will ask more of you. You will ask more of yourself. You will get inspired to grow parts of yourself that will have your intrinsic leadership, wisdom and success blooming. When you are finished, you will have more confidence and be ready to use your authentic skills to teach yoga and make a difference in any career or relationship you choose. You will experience more success and happiness in everything you do.

The RYAH Schelter Teacher Training will take place over seven months, meeting approximately two weekends a month. A different focus each weekend will compliment a core study of vinyasa flow yoga, in which breath, movement, and asana are combined with correct alignment and sequence into a transformational practice. Students will leave this training fully prepared to teach vinyasa style yoga classes with a comprehensive understanding of:

- yoga asana
- pranayama
- anatomy
- hands on assists
- yoga philosophy
- mudras and meditation techniques

AND the RYAH/Schelter program *uniquely* will teach you the distinctions of opening new doors for **yourself** on and off the mat and will leave you empowered to teach yoga with your own distinct personal touch, and embracing your true voice and gifts.

Participation enhances:

- Yogic Practices for Body Awareness, Lifestyle and Spiritual Direction/Choices
- Communication and Listening Skills
- Finding One s Own Voice
- Self-Awareness, Acceptance, Calm, Non-Reactiveness
- Clarity of Intention and Personal Fulfillment
- Personal Power and Creativity
- A Professional Context for Teaching Yoga and Entrepreneurship

Details/Tuition:

Program will meet the first and third Sat and Sun each month from 11- 6 pm through April 9-11(with exceptions). The first and last month there is an additional Friday night session for Orientation and Graduation.

October 9-11, 24-25
November 7-8, 21-22
December 5-6
January 8-10, 23-24
February 6-7, 20-21
March 6-7, 20-24
April 9-11

Students are required to take one class per week with an approved teacher, and complete a final project for graduation and RYT certification.

In the fourth month, students begin assisting in yoga classes, front desk operations and learning basic elements of a successful Wellness Business.

Classes will be rotated between Conshohocken and East Fall studios.

Tuition

\$2,300.

Non-refundable \$300 reservation deposit must be received by August 10

Pay in full by September 10 and save \$100

Payment plan:

Non-refundable deposit of \$500 by Aug 10

8 monthly payments of \$250 (starting in September)

Bounced checks or declined payments will incur \$25 processing fee

Refund Policy:

If you are not accepted in the program, your deposit will be returned to you. Should circumstances arise before the program begins, you may be entitled to receive a refund on your deposit. All instances are subject to approval by instructors of the program



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200 Hour Yoga Teacher Training Application

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Telephone _____ E-mail _____

1. What is your yoga background? What styles do you practice, and how long have you been practicing?

2. List schools and teachers with whom you have practiced, including dates.

3. Do you have any health conditions? (This does not have any affect on acceptance into program.)

4. What attracts you to yoga?

5. What do you hope to get out of this training? Do you want to become a yoga teacher?

6. What is your business/professional background?

7. What are your professional goals? How do you see this training intertwining with them?

8. What does happiness mean to you?

9. Is there anything else you would like to share with us?
