

***RYAH Yoga and Health and Yoga Schelter Are Pleased to Announce
The Best Fall 2009 Yoga Teacher Training and Personal Development Program in
the Delaware Valley***

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.

Taught by Senior Teacher, ERYT 200, Phyllis Bookspan, Ryah Yoga and Health, and Law Professor and Senior Teacher, Jennifer Schelter, Yoga Schelter, named best Yoga teacher by Exercise TV 2008, ERYT 500 hour, Founder of Yoga Unites, Actress, Writer, Activist, and acclaimed guest teachers.

This unique teacher training is for those who want to become certified Register 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. However, we take it one step further by challenging students to define: 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 your self that will have your intrinsic leadership, wisdom and success blooming.

When you are done: 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.

Any program can take your money, open doors for you and say you are ready to go out and teach yoga.

The RYAH/Schelter program 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:

Classes during this 6-month program meet the first and third Sat and Sun each month from 11- 6 p.m. The first and last month there is an additional Friday night session for Orientation and Graduation. 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 assist in yoga classes, front desk operations and basic elements of a successful "Wellness Business".

Tuition - \$2,300. (\$500 reservation deposit)

Early payment discount \$2200 (*deposit must be received by June 1, \$2200.*)

Payment in full by Sept. 15, 2009©

Payment plan:

Non-refundable deposit of \$500 by Aug 15

3 payments of \$610 (Sept, Nov, Jan)

6 payments of \$320 (monthly starting in Sept.)

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