

The Dates, The Teachers

Registered Yoga Alliance School - 200 hr Program

Teacher Training October 2014 - March 2015

THE PROGRAM:

The focus of this program is the understanding of Yoga as a lifestyle, a philosophy, and a physical set of skills. You will be encouraged to take your personal experience and develop the skills you learn for your own edification. We invite you to discover the teacher within, and use this knowledge to inform your self and others.

If you are looking to become a certified Yoga teacher or to learn for your own personal use, this program is designed to address your needs, while challenging you to expand inwards...and hence outwards.



Rising Sun Yoga Teacher Training

The components of the program include:

Times

Once a week: Mondays 6-9 pm

Once a month: Fridays 6-9 pm, Saturdays & Sundays 8:30 am to 5 pm

** Note ** - eat enough so that your blood sugar does not drop, but not too much that you get nauseous

Weekends (Fri, Sat, Sun)

October 10, 11, 12, 2014

November 7, 8, 9, 2014

December 5, 6, 7, 2014

January 9, 10, 11, 2015

Feb 6, 7, 8, 2015

March 6, 7, 8, 9, 2015

Weekly on Mondays

From October 13, 2014 - March 9, 2015

Feb 2015 will be an Immersion Weekend - overnight stays

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Books

You will be required to obtain books that are pertinent to this course. A separate listing of the complete set of books, both required and suggested, is provided.

Teachers:

Michael Sutton
Aphinya Deley
Tracy Draksic

Guest Teachers:

Sonam Targee - Ayurvedic Medicine
Mary Ann Amschler - holistic lifestyle
Jennifer Morrison-Taylor - holistic lifestyle
Martin Kirk - Anatomy & Physiology

Yoga Immersion: weekend of Feb 6, 7, 8, 2015

Meet on Friday afternoon at 5:00 pm through Sunday at 3:00 pm. This 27 ½ hour session gives you an opportunity to immerse yourself and live the yogic lifestyle.

Prior Recommendations

At least 9 months of regular practice is recommended
No prior teaching experience is required
Neither flexible nor injury-free bodies are required
Dedication, motivation and self-directed study is required
Willingness to participate in a group process, and give and receive feedback

Books and Material

A required and a suggested book list is provided
You will receive course workbooks
It is suggested that you have a digital camera, audio recorder, video recorder, and ability to upload photos/videos to the internet

Google Calendar

All the dates are on a Google Calendar that you will be given access to.

You may contact **Michael Sutton** at:

716-632-5802 or **michael@RisingSunYoga.com**.