

COURSE TUITION

Early Bird: \$3000

(prior to one month in advance of start date).

Late Bird: \$3200

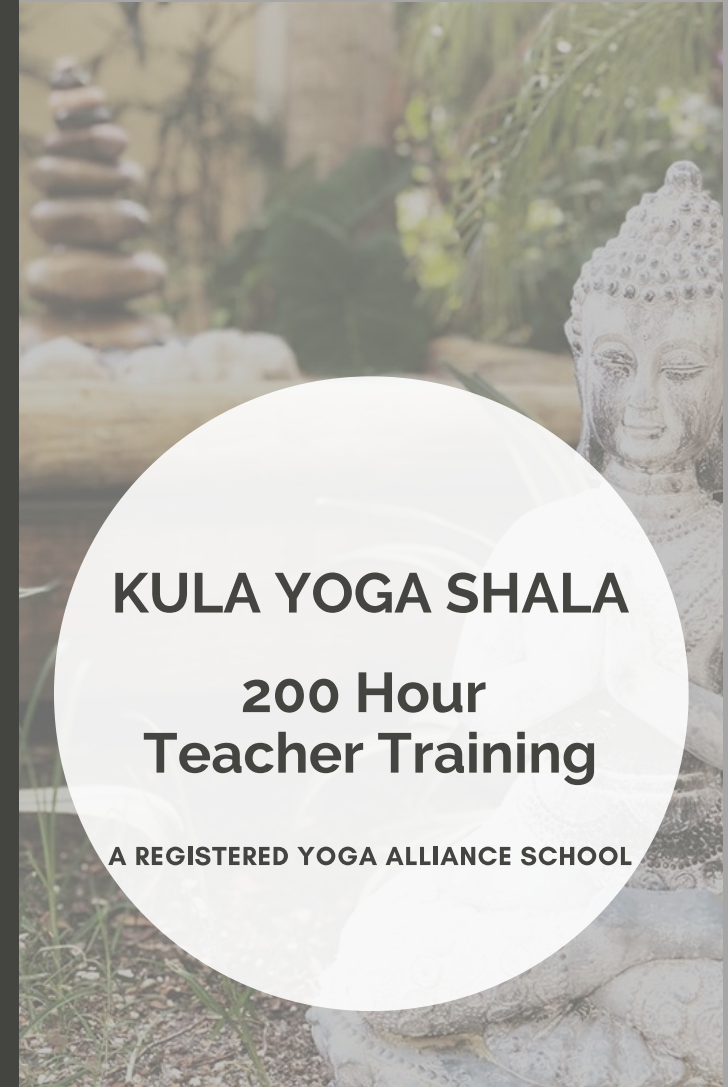
(within one month of start date).

A Deposit of 25% is required to reserve your space. A limited number of Teaching For Diversity Scholarships are offered for each session. Please inquire to learn more.



"Don't ask yourself what the world needs. Ask yourself what makes you come alive. because what the world needs is people who have come alive."

Kula Yoga Shala
www.KulaYogaShala.com
400 Toney Penna Dr.
Suite F
Jupiter, FL 33458



KULA YOGA SHALA

**200 Hour
Teacher Training**

A REGISTERED YOGA ALLIANCE SCHOOL





PROGRAM INTENTION

The practice of Yoga is a rich wisdom tradition born from humanity's quest to deepen our understanding of the world within us and the world around us. Through this immersion into the heart of Yoga, this quest is both honored and nurtured with the ultimate goal of preparing you to light the path for others as you take the seat of the teacher.

The teacher training program covers the full breadth and depth of the Yoga tradition, including its history, philosophies, lineages and experiential practices.

Trainees will become well versed in how to hold a safe & sacred space for Yoga practice including in-depth understanding of Yoga postures, alignment, anatomy, sequencing principles, verbal instruction, modifications, teaching dharma and guiding breathwork and meditation.

Beyond the class setting, this is a transformational program that includes the study of sacred texts in support of a deeper embodiment of Yoga off the mat and extending into our lives and our communities.

CURRICULUM OVERVIEW

The training holds first and foremost the intention of preparing you to perceive your teaching as an offering. It is rooted not simply in the mastery of techniques but rather in the spirit of service as the essence of teaching.

This is a transformational journey that covers the depth of yogic philosophy through the study of The Yoga Sutras, The Upanishads, The Bhagavad Gita and many modern texts that will contribute to a deepened understanding of the Yoga tradition.

We invite you to embark upon this sacred journey with us.

Namaste.



TRAINING SCHEDULE

Training sessions are held twice weekly:

Wednesdays: 7pm-9pm.

Trainees are encouraged to attend the 5:30pm class beforehand. If a work conflict prevents this, alternative arrangements can be made.

Saturdays 8am-6pm

Please see website for specific dates and off days.

All sessions are held at Kula Yoga Shala unless noted otherwise.

Training is registered with Yoga Alliance at the 200 hour level.

Training application can be found on the trainings page of www.kulayogashala.com.

Setup your interview by emailing scott@kulayogashala.com

