

## COURSE TUITION

Early Bird:

\$3380

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

REGULAR RATE:

\$3580

(within one month of start date).

A Deposit of 25% is required to reserve your space. .



## 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, all within a trauma informed framework.

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.



**"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."**

**-Howard Thurman**

Kula Yoga Shala  
[www.KulaYogaShala.com](http://www.KulaYogaShala.com)  
IG @kulayogashala



**KULA YOGA SHALA**

**200 Hour  
Teacher Training**

**August 23rd - December 16th**

A REGISTERED YOGA ALLIANCE SCHOOL



## 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: 5:30pm-9pm.**

This includes a 5:30pm yoga class and a 7pm philosophy study. If a work conflict prevents attending the 5:30 yoga class, 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](http://www.kulayogashala.com).

Setup your interview by emailing [scott@kulayogashala.com](mailto:scott@kulayogashala.com)

