

## **Yoga Teacher Training / Self Development Program**

### **In the Tradition of T Krishnamacharya and TKV Desikachar**

September 2014-December 2016

Total hours: 500 hours in keeping with the standards of Yoga Alliance

Length of program: 2 ½ years

Program includes the following:

|   |           |           |
|---|-----------|-----------|
| Workshops: 20 x 6.5 hrs                                     | 130 hours |           |
| Retreats: 3 x 15 hrs, 2 x 22.5 hrs                          | 90 hours  |           |
| Individual Sessions   | 20 hours  |           |
| Group Classes 72 x 1.5 hrs                                  | 110 hours |           |
| Observation of classes, assisting, supervised teaching      | 20 hours  |           |
|   |           | 370 hours |
| Additional hours and /or alternate possibilities:           |           |           |
| Reading and Homework e.g. class preparation, journal, study | 60 hours  |           |
| Personal research project: 1 year                           | 20 hours  |           |
| Other workshops e.g. Meditation, Vedic chant                | 20 hours  |           |
| Anatomy Workshops and CPR                                   | 30 hours  | 130 hours |

Your own personal practice complements and deepens all studies and classes.

There will be appropriate evaluation and feedback given.

Documentation and certification of studies will be provided.

Please submit applications from website and book a private lesson with Sheree 886-2503 to be considered for the program

