



## 225-Hour Teacher Training Program w/Adrienne Ables, Catherine Querin, & Monica Foster

### Description/Curriculum

YOGAlicious' 225-hour Teacher Training program is designed for those who wish to teach yoga or for students simply desiring to deepen their understanding and practice of yoga. During the program will explore pranayama, meditation, asana, yoga history and philosophy, anatomy and physiology, nutrition, the art of teaching, class planning, and the business of yoga. This comprehensive Yoga Teacher Training is created in accordance with the 200-hour requirements established by Yoga Alliance. At the end of this nine-month program students will be eligible to register with Yoga Alliance as Certified Yoga Instructors. At YOGAlicious we offer a safe and compassionate environment that encourages teacher trainees to flourish and grow both personally and professionally.

### Prerequisites

The student should be practicing regularly yoga for at least year and must complete an application. The student must be able to attend all class sessions.

### Registration

To register, please complete a Teacher Training Application Form, available from YOGAlicious Yoga Studio or on our website. Send it with a \$100.00 deposit, or full amount, to: 147 E. Main St Suite A Spartanburg, SC 29306. Make checks payable to YOGAlicious Yoga Studio.

### Investment

\$2,200.00 or 3 partial payments of \$750.00 due by September 14, October 5 and November 2, 2012. Registration fee does not include books, lodging, or meals.

### Payment Policy

A \$100.00 deposit is required to reserve your space. The deposit is refundable until one week prior to our first weekend minus a \$50.00 administrative fee. No refunds are given for any reason after one week prior, unless your space can be filled from a waiting list.

### Dates

**Friday** 9:00 – 11:30 am, 1:30 – 5:30 pm, 7:00 – 9:00 pm (8.5 hrs)

**Saturday** 9:00 – 10:45 am, 1:45 – 5:00 pm, 6:30 – 9:00 pm (7.5 hrs)

**Sunday** 9:00 am – 12:00 pm, 1:15 – 3:45 pm (5.5 hrs)

September 14-16, 2012

October 5-7, 2012

November 2-4, 2012

November 30 - December 2, 2012

January 10 - 12, 2013

February 1 – 3, 2013

March 1 – 3, 2013

April 12 – 14, 2013

May 17 – 19, 2013

*June 7 – 9, 2013 (inclement weather makeup date)*



Book list (provided upon registration)

### Lodging options

- **Marriott at Renaissance Park** (walking distance to studio)  
[marriott.com/hotels/travel/spamc-spartanburg-marriott-at-renaissance-park](http://marriott.com/hotels/travel/spamc-spartanburg-marriott-at-renaissance-park)
- **Inn on Main** (walking distance to studio)  
[InnOnMainofSpartanburg.com](http://InnOnMainofSpartanburg.com)
- **Homestays** are also available. Contact YOGAlicious for further details.





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### Application

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Payment Enclosed or amount to charge: \$ \_\_\_\_\_ Check# \_\_\_\_\_

Credit Card# \_\_\_\_\_ Exp \_\_\_\_\_ CVV# \_\_\_\_\_

How long have you practiced yoga? What Style?

What do you hope to achieve in this program?



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