

This 200 hour yoga teacher training will immerse you in the study and practice of yoga as well as give you the tools to lead others into the experience of yoga.

WHAT IS YOGA?

Yoga means “to join” or “unity.”

“to tie the strands of the mind together”

“to attain what was previously unattainable”

“acting in such a way that all of our attention is directed towards the activity in which we are engaged”

WHAT DOES IT MEAN TO TEACH YOGA?

Teaching is not about saying spiritually inspirational or profound things in your classes. It’s not about appearing smart or yogi-like. It’s not even about leading your students through a well balanced physical practice, although if you’re a good teacher, all of those things will probably happen in your classes. Teaching yoga is about creating a sacred space in your classroom and in your heart in order to be able to facilitate the experience of “yoga” in your students. While ultimately this experience of yoga is unitive consciousness or *dharana* “meditative awareness,” for beginning students it may simply mean being aware of their body and breath while they practice asana, or yoga poses.

Teaching yoga also means being aware of your body and your students’ bodies in the most detailed way possible — first and foremost to keep them safe, and secondly to help them progress in the poses. In today’s modern world many people come to yoga to get a workout or to heal their body and these are good reasons to practice yoga. AND as yoga teachers we want to always be ready for that moment when awareness dawns and use guiding language (or know enough to leave them alone) to always hint that our self is not a mind, a body, and a heart, all separate. We are a mind-body-heart, a being from which you cannot separate each part.

As a teacher, always know that when you are helping a student get into a deeper backbend and open their heart, there is always an emotional/spiritual correlation happening at the same time.

WHAT YOU WILL PRACTICE:

- Sadhana (spiritual practice)
- A vigorous and well-rounded, meditative yoga class daily
- Pranayama to unite body and breath
- Restorative yoga to invite peace
- Meditation daily to tone the mind
- Teaching and verbal skills



Registered Yoga School

WHAT YOU WILL LEARN & STUDY:

- How to teach a well-rounded, meditative yet vigorous yoga class
- Flowing vinyasa style
- Long-holds style
- How to teach beginners and other special populations
- How to sequence for safety and progress
- How to design a class theme
- Yoga class as ceremony
- How to create sacred space
- How to integrate spirituality & profound thoughts without sounding cheesy
- Find your authentic voice and speak with it
- How to develop and sustain a home practice
- 8 limbs of yoga
- History of yoga
- Yoga Sutras

- Anatomy & Physiology of the physical body
- Energetic anatomy & chakras
- Business & marketing for yoga



Dates:

2013 – Training will take place over seven 4-day weekends, Saturday – Tuesday, 7:30am-5pm with a 90 min lunch break on the following dates:

Jan 12-15

Feb 2-5

Mar 2-5

Apr 6-9

May 18-21

June 22-25

July 13-16

Cost: \$2000 + books + taxes

Payment plan available - \$399/mo

THE FOUNDATION FOR
TEACHING YOGA IS YOUR OWN
YOGA PRACTICE.

“Practice and all is coming” – Pattabhi Jois

“The primary roles of a yoga teacher are showing students a yogic pathway and offering them guidance along that path.” – Mark Stephens

In order to show students this yogic pathway, you must traverse it yourself. For this reason, establishing your own personal practice is the highest priority. Simply liking yoga is not enough, you must practice it regularly.



In this training we practice everyday and we give you tools to help you establish your practice at home. For this reason, the training is suitable even for those not wanting to go on to teach yoga. For those wishing to establish and deepen their own practice of yoga, this training will help you do that.

“Making the time for a yoga practice means to honor and love ourselves enough to dedicate time each day to our own well-being.” – Ganga White

Main Instructor: Shiva Reinhardt, E-RYT200,
LMT, RMTI

BIO

“I picked up the name “Shiva” in college before ever trying my first yoga class at the age of 19. Since then I’ve been magnetically drawn to the practice and once I started teaching 3 years later in 2001 I knew I’d be doing it for the rest of my life. Yoga brings me back to that radiant aliveness within that I see in each person’s eyes. Laughter, love, and lightness are my guideposts when I lead my yoga classes, which I consider to be ceremonies designed to reveal that diamond within. We burn away the covering through tapas, the heat of practice, either physical heat or the fire created by single pointed focus. I am eternally grateful to the teachers who have touched my heart: [Shiva Rea](#), [Ana Forrest](#), [Amy Ippoliti](#) and [Dr. Vasant Lad](#).”

BLUE LOTUS HEALING ARTS CENTER

2810 SUDDERTH DRIVE, SUITE 211

RUIDOSO, NM 88345

[HTTP://WWW.RUIDOSOYOGA.COM](http://www.ruidosoyoga.com)

575-257-4325

200 HOUR
YOGA TEACHER
TRAINING

YOGA ALLIANCE
APPROVED



7 MONTHS
7 4-DAY MODULES
ONCE A MONTH
220 HOURS

JOIN US THIS JANUARY FOR A LIFE
CHANGING EXPERIENCE...

DESTINATION WITHIN!