

## BYSJ 200-hour



# HOT 26



## Teacher Training Certification 2018-19

October 12, 13, 14

January 4, 5, 6

November 9, 10, 11

February 1, 2, 3

March 29, 30, 31

December 7, 8, 9

March 1, 2, 3

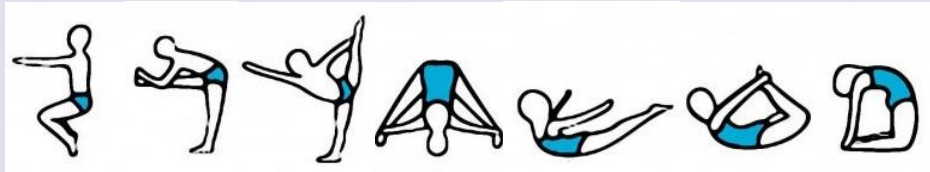
Graduation: March 31

*"Yoga is popular but what is popular is not yoga."*

*"If it doesn't change your life, it is not yoga."*

*~ Yogi Amrit Desai*

Bhakti Yoga SJ Teacher Training is an experience that promises to bring personal transformation. Whether you have been "stuck" in areas of life, want to change unhealthy habits and patterns or you want to instruct yoga, the opportunity is here. Graduates certify to learn to teach yoga but they become re-introduced to a part of themselves they forgot existed. Prepare for a life changing experience. BYSJ is a registered Yoga Teacher Training School with Yoga Alliance since 2014.



Ed and Sandy are looking forward a comprehensive training experience which will include:

- \* Daily Hot Yoga, Restorative Yoga.
- \* Guided Yoga Nidra Meditation daily.
- \* Yoga Teaching Methodology.
- \* Yoga Anatomy, Modifications for limitations and Adjustments.
- \* Intro to Ayurveda and 3 Yogic diet and lifestyle consultations.
- \* Yoga Philosophy-8 Limbs of Patanjali and BYSJ Lineage.
- \* Apply the teachings in your life to manage the mind and relieve stress.
- \* Ethics and Teaching Practicum.
- \* Training manual, required books, study guides and lesson sheets included.

INVESTMENT: \$3100 if paid by August 12<sup>th</sup>

\$3200 if paid in full by September 12<sup>th</sup>

\$3300 if paid in full by October 12<sup>th</sup>

A \$500 deposit reserves your space. Space is limited. Info@ 609-254-0235