



2012 Vinyasa Yoga Teacher Training

Our Yoga Teacher Training course is an opportunity for participants to learn how to teach a well-sequenced, inspiring yoga class and delve into the history and philosophy of yoga in a rigorous intensive program. Students will be encouraged to explore the subtle aspects of their own sadhana (spiritual practice) in a supportive community. Those who complete the program will be certified at the 200 hour Yoga Alliance level in vinyasa flow.

Details

The four and a half month program will begin *January 18th* and end *May 25th*. Students will meet weekly with primary instructors Kelly-Jean Moore and Ashley Kennedy on Wednesdays and Fridays downtown from 7:30p.m until 10:00pm. They will also attend a total of five Saturday sessions from 12:30pm until 7:30pm. The program is rounded out with 4 weekend intensives. Saturday sessions: (12:30-7:30) and Sunday sessions: (12:30-6:30). Students are required to commit to a daily meditation practice and journaling, and must practice asana 3 times a week in the studio beyond our scheduled meetings. Students will also be required to audit and assist public classes.

Saturday Session Dates:

January 28th
February 25th
March 17th
April 28th
May 12th

Weekend Session Dates:

February 11th & 12th
March 10th & 11th
April 14th & 15th
May 19th & 20th

How to Apply

To apply to our program you must submit a letter of intent summarizing your reasons for participation as well as your past yoga experience or other lines of study that pertain to becoming a teacher. Upon approval you will pay **a deposit fee of \$500.00 that is non-refundable** and program fees are non-refundable once sessions start. We only accept a limited number of students per session so please be timely with your application to ensure acceptance. Email your letter of intent to blueturtle yoga@ecofitness.com.

Cost

The total cost of the program is **\$2,300** less deposit. The total can be paid in installments, with the final payment due by start date of program.

****If you pay in full by October 30th, you will receive a discount of \$100.00.
Total cost for early birds: \$2,200****

Supplies

Students will need to obtain a journal and a three ring binder. Upon acceptance you will receive a list of 5 books you will be able to order on Amazon. Your anatomy book is included in your tuition. Be sure to set aside about \$100.00 for books and materials.

Our Staff

**Kelly Jean Moore ERYT 200
YTT Coordinator**

Kelly began teaching in 2004 at Blue Turtle Yoga in Charleston, South Carolina. Her primary style is vinyasa based but incorporates the varied practices of Ashtanga, Power Yoga, and the Yin practices popularized by Sarah Powers and Paul Grilley. Each practice varies greatly depending on the particular theme being explored. Regardless of the style or theme of a class, there are consistent alignment points used, not to create the perfect pose, but to help people realign their structure and rediscover their center. She is the creator and primary instructor of Blue Turtle's Teacher training program and has currently wrapped up a long stint as the studio director to create more time for personal inquiry and the counseling of private clients. She travels nationally teaching workshops on the Chakra system and on liberating the creative process. Kelly is also proud to represent Manduka as an ambassador of their reliable yoga props. As of January 2012 she will be a fully certified Rolfer after completing 2 years of study at the Rolf Institute of Boulder Colorado.

Ashley Kennedy ERYT 200
BTY Director

Ashley completed her 200-hour certification at Gaea Yoga Center in the summer of 2003 and acquired a prenatal certification from Stephanie Keach at Asheville Yoga Center in February of 2004. She is currently the Director as well as a primary instructor at Blue Turtle Yoga. She grew up studying art and dance in southwestern Virginia and received a Masters Degree in Art Education at Columbia University's Teachers College before moving to Charleston in the summer of 1999. She has taught yoga to children, teens and adults in a wide variety of styles including Gentle/Restorative, Vinyasa Flow, Power Yoga, and Hot Yoga, and truly enjoys teaching the basics. Ashley's background in dance has influenced her interest in creative flow and thoughtful transition, making balance and sequencing favorite aspects of her practice and teaching.

Jeremiah Evers RYT 200
Certified Advanced Rolfer

Jeremiah is a graduate of the Roling Institute in Boulder, Colorado. In addition to rolfing, he has taught yoga for the last 10 years and draws from this movement experience to help reeducate people to use their body in healthier ways as they engage in their daily lives. He is committed to creating a safe environment for people to access their own healing potential, connect more deeply with their bodies and facilitate growth toward a fuller expression of their authentic self. Jeremiah is our primary Anatomy instructor.

Elli Boland
Health and Wellness Specialist

Blue Turtle yoga certified since 2007, Elli has 15 years of experience in exercise science. For an overall health and nutrition paradigm to compliment exercise, Elli has incorporated Ayurvedic lifestyle guidelines for the past 4 years. She completed teacher training as an ayurvedic yogatherapist in 2007, taught by Dr. David Frawley. Elli will guest lecture on the subject of Ayurvedic nutrition.

New Adjuncts: Blue Turtle Yoga Instructors **Annie Banks**, **Cathy Morse**, and **Mark Knowles** will be joining the staff of our teacher training program this year as well.