

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



The four and a half month program will begin on August 3rd and end with graduation on December 16th. Students will meet weekly on Tuesdays and Thursdays downtown from 7:30p.m. until 10:00pm. They will also attend a total of five weekend sessions. Each weekend intensive consists of a 7 and a 1/2 hour Saturday session (12:00-7:30) and a seven hour Sunday session (11:30-6:30).

To Apply to our program each person must submit a letter of intent outlining their reason for participation as well as their past yoga experience or other lines of study that pertain to our program. Upon approval they will pay a deposit fee of \$500.00 which is non-refundable. We only accept a limited number of students per session so please be timely with your application to ensure acceptance. Drop off your letter of intent at Eco Fitness or Blue Turtle Down town marked attention Kelly Jean Moore, or email it through our website **HYPERLINK "<http://www.blueturtle yoga.com>" www.blueturtle yoga.com.** Deposits are absolutely non-refundable and program fees are non-refundable once sessions start.

The total cost of the program is \$2,050 less deposit.

The total can be paid in installments, final payment due by start date of program.

****If you pay in full by June 15th, you will receive a discount of \$150.00.**

Total cost for early birds: \$1,900**

*****More Information will be available Feb. 2010*****