

**Power Yoga Of Cape Cod
2012-2013
200 Hour Yoga Alliance
Certified Teacher Training**

This training is for anybody who wants to become a yoga instructor OR just wants to take their practice to the next level! Through vigorous training and studies, you will break out of your shell and into a whole new world of possibilities for you and your life. Whether you become a yoga teacher, or move on to fulfill your most wildest dreams, this training will give you the tools and the abilities to step into your true power and passions! In this training, we will cover over 55 asanas, learn how to make powerful and effective assists, study the 8 limbs of yoga, Ancient Yogic Philosophy, Modern Self Development, Basic Anatomy, the Energy Body (Chakras), Thai Massage, Diet/Whole Food Nutrition and Ayurveda, Prenatal Yoga and how to work with people with injuries. You will get to practice teaching to your peers to build self confidence and help you find your voice. With daily yoga practices, intensive workshops, and thought provoking, fun filled exercises, this will be a powerful, transformational, and incredible training which will certify you as a Yoga Alliance Approved 200 Hr. Yoga Teacher!

2012 Dates

October 12, 13, 14

November 9, 10, 11

December 7, 8, 9

2013 Dates:

January 11, 12, 13

February 15, 16, 17

March 8, 9, 10

April 12, 13, 14

May 10, 11, 12

Tuition:

\$2,150 in full

\$2,250 in 3 (\$750) installments*

* A \$750 payment is due at the time of application along with (2) \$750 checks dated no later than November 1. Checks are deposited on the date indicated. There are no cash refunds or credits on any deposited payments after the training session begins. This includes full or partial payments. If the program is full or your application is denied all money will be refunded.

Weekend Schedule:

Fridays: 5:30-9:00 PM

Saturdays/Sundays: 8:30 AM-7:00 PM

There will be breaks throughout the course of the day for snacks and for a 60 minute lunch break. Weekends will be intensive training, so make all the necessary arrangements so that you can commit yourself fully to the training and be there 100%. There is available housing for those of you coming from off-Cape. Off season rates will apply. [Contact Jill](#) for more information regarding housing. We look forward to embarking on this journey with you!!! [Download an application](#) and mail it in with either a check or money order.