

Sundance Yoga Studio 220 Hour Yoga Teacher Training Schedule for 2011

The Alvin Community College (ACC) 220 hour Advanced Yoga Studies and Teacher Training course, offered in partnership with Sundance Yoga Studios (SYS), is designed to be comprehensive, yet individualized enough to meet the needs of all trainees.

SYS Teacher Training is eight weekends of intensive training. Yoga Alliance approved at the 200-hour level for national certification. Limited to 25 students.

Faculty:

Valerie Immore, director of Sundance Yoga Studio Yoga Teacher Training program will do the main portion of the teaching. *Guest teachers this year will include Christy Burnette & Elysabeth Williamson.*

Schedule (Full Attendance is mandatory): *weekend classes*

August	September	October	November	December
12 6-9pm	09 6-9pm	01 8-8pm	04 6-9pm	02 6-9pm
13 8-8pm	10 8-8pm	02 8-8pm	05 8-8pm	03 8-8pm
14 8-8pm	11 8-8pm	14 6-9pm	06 8-8pm	04 8-8pm
	30 6-9pm	15 8-8pm	18 6-9pm	16 6-9pm
		16 8-8pm	19 8-8pm	17 8-8pm
			20 8-8pm	18 8-8pm

Topics of study will include:

- * Yoga history & philosophy
- * Principles of alignment theory and the anatomy of movement as they relate to teaching
- * Breathing, mediation and relaxation techniques
- * Methods of teaching to create a complete yoga experience for students
- * Sequencing and how to design a yoga class

Place:

Sundance Yoga Studio.
128 S. Friendswood Dr
Friendswood, TX
77546

Tuition:

\$2,800 (in district) or \$2,820 (out of district)
Payment plan available, \$500 deposit by June 30th, then \$500 on or before each scheduled weekend.
Full payment received by November 4, 2011.

Application Deadline:

August 1, 2011

Pre-Requisites:

Not limited to any particular style or system.
One year of continuous study and practice of Yoga

To Register: Fill out Application Form, write a one page essay on, "Why I want to do this training" & mail to:

Sundance Yoga Studio Teacher Training Application Form 2011



Please fill out the following form and return it with your deposit to Sundance Yoga Studio. Acceptance will be based on review of application by our faculty. We are interested in working with people who will, upon completion of the course, be willing to dedicate themselves to furthering the principles behind Yoga and who will seek to teach those ideals in a safe and nurturing way. Feel free to attach additional pages.

Name First _____ Mi _____ Last _____ Address _____
 City _____ State _____ Zip _____ Date of Application _____
 Email Address _____ Phone Number (____) _____
 How long have you been studying yoga? _____ Who is your regular teacher? _____
 Please include location and phone number _____
 What systems of yoga have you studied and for how long? _____
 Please describe in terms of length and frequency your regular yoga practice. (Does it include pranayama, meditation, or prayer?) _____

List any current limitations that may affect your participation _____

REFUND POLICY: Once applicants are accepted, the deposit is Non-Refundable. Anyone who is not accepted into the training will be refunded their full deposit. Those accepted in the program have until Aug 5th, 2011 to receive a prorated refund minus the deposit.