



## 200 HOUR TEACHER TRAINING WEEKEND PROGRAM FALL/WINTER 2010 at Greenwich Yoga with Gina Norman & Stan Woodman

The path of yoga is infinitely long and can be embraced as a life journey. Teaching yoga can help you create a life where your beliefs, thoughts and actions flow from your core values to build a life of integrity and authenticity.

Our 200 Hour Yoga Teacher Training Certification Program led by Gina Norman and Stan Wodman is one step along that path providing a solid foundation giving our graduates the knowledge, skills, and confidence to begin teaching safely and mindfully.



This program is for anyone who has had a regular yoga practice for a minimum of one year and has an understanding of the basics of asana practice. This does not mean that an applicant needs to be able to perform advanced

asana, but has a willingness to learn plus awareness and respect for their body and limitations. This program is also appropriate for those who would like to deepen their practice. Greenwich Yoga 200 Hour Teacher Training Program is registered with the Yoga Alliance.

### STUDY TOPICS INCLUDE

Asana, Pranayama & Meditation  
Yoga Philosophy and The Yoga Sutras  
Teaching Methodology,  
Skills & Communication  
Western & Eastern Anatomy & Physiology

The Business of Yoga  
Intro to Ayurveda  
Gentle Assists & Therapeutics  
Ethics & Yogic Lifestyle  
Student teaching & assisting

### DATES

January 29-31  
February 5-7  
February 12-14  
March 5-7  
April 9-11  
Apr 16-18

### TIMES

Friday's 5-10pm,  
Saturday/Sunday 8-5pm

### REGISTRATION COSTS & APPLICATION

Tuition is \$3,200 pre-registration and \$3,500 after November 1st. \$500 deposit holds a place upon acceptance & balance is due November 15th.

To apply or for more information call us at 203-532-0660 or email [info@greenwichyoga.com](mailto:info@greenwichyoga.com).



**Greenwich Yoga**  
*Holistic Center & Juice Bar Café*

328 Pemberwick Road  
The Mill Greenwich, CT 06831  
[greenwichyoga.com](http://greenwichyoga.com)