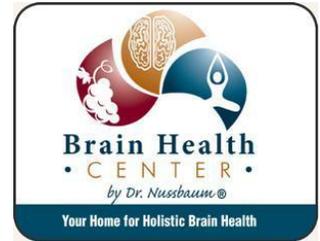


Healthy Body Peaceful Soul, LLC School

Mindful Yoga Teacher Training
200 hour Yoga Alliance Approved
Yearlong training offered exclusively at
the **Brain Health Center by Dr. Nussbaum**



Taught by lead trainer
Joni Sturgill, 500 E-RYT, Wellness Coach (AADP),
BA, Communications; MS, Counseling Psychology

The 200-hour Yoga Alliance certified Teacher Training program will begin in January, 2017.

- 12 months
- One Saturday & Sunday per month, 9:30am to 5pm. One additional Friday evening session, yet to be scheduled.
- Optional immersion on a Thursday through Sunday noon yoga retreat to Kripalu
 - additional fee will apply
 - great for making up missed hours
 - Date TBD

Program Requirements

- attend all training sessions (or make arrangements to make-up missed hours)
- complete all homework assignments
- 3-4 hours of observing and/or assisting in a class taught by an RYT
- 10 hours of volunteer teaching
- minimum of 4 hours of attending additional workshops of your choice
- develop and journal about your own home yoga/meditation practice
- read books on required reading list
- complete take home assignments & quizzes

The program includes instruction on:

- hatha yoga - postures, sequencing, alignment
- meditation and pranayama
- anatomy & physiology, including connections to brain health
- restorative yoga
- therapeutic gentle yoga for special populations, including PTSD
- yoga history and philosophy
- adjustments and teaching techniques
- the art of communication
- introduction to the subtle body & ayurveda
- positive psychology philosophy and exercises

This unique program offers an integrated, compassionate perspective of yoga, including the study of postures, breathing exercises, plus relaxation and meditation training, with a focus on the science that is now supporting much of these practices. Additionally, there will be training on positive psychology and how to incorporate gratitude and joy into your own lives as well as the lives of those around you, through the lens of yoga and meditation. Your journey through this training tenders the opportunity for you to awaken to your greatest potential and most compassionate and clear mind. Through this process of self-discovery and self-transformation, you will learn how to nurture your mind, body and spirit, catalyze personal growth, and live life skillfully with a centered, deep-rooted happiness and peace.

Whether you feel called to teach and share what you learn with others, or whether you simply wish to dive into the study of this ancient healing practice for your own personal growth and enlightenment, the addition of the simple, yet hard science facts, about what the practices do for the health of your brain and other systems of the body, will ground you in the knowledge that yoga and meditation are essential practices for a healthy body and peaceful soul.

Required Reading list (you must purchase these on your own):

Yoga Toolbox for Teachers and Students by Joseph and Lilian Le Page
Yoga Anatomy by Leslie Kaminoff
Yoga for Wellness by Gary Kraftsow
Light on Yoga by BKS Iyengar
Kripalu Yoga by Richard Faulds
The Wisdom of No Escape by Pema Chodron
The Yoga Sutras of Patanjali translation by Sri Swami Satchindananda

Optional (highly recommended) Reading list:

Relax and Renew by Judith Lasater
The Miracle of Mindfulness by Thich Nhat Han
Wherever You Go There You Are by Jon Kabat-Zinn
The Bhagavad Gita (many translations, I like Eknath Easwaran)
The Four Agreements by Don Miguel Ruiz

Dates of Program:

All sessions will take place at the Brain Health Center in Wexford from 9:30am till 5pm
Saturday's and Sunday's, unless otherwise indicated below.

January 21-22

February 4-5

March 18-19

April 1-2

April 29-30

June 10-11

July 22-23

August 5-6

September 16-17
October 14-15
November 11-12
December 9-10

Pricing (cash or check only)

EARLY BIRD: \$2500 If paid in full, cash or check, by December 15, 2016.

*REGULAR PRICE: \$2600 Paid in Full, cash or check, by the First Day, January 21, 2016.
(Requires a \$100 deposit to hold your spot and will be returned upon payment in full.)*

**MONTHLY PAYMENT PLAN: \$400 due on the first of each month, January through July.*

**Credit Card ONLY, card will be charged automatically. You are responsible for payment even if you are unable to complete the program.*

Veterans receive a 10% discount on the total cost of any of these options.

Payment will be processed through the Brain Health Center, (724) 719-2833. 100 Bradford Rd #200, Wexford, PA 15090. Please make checks out to the: Brain Health Center.

Making up missed sessions:

You are welcome to attend other sessions of Joni's trainings at no cost, any Healthy Body Peaceful Soul Yoga Teacher Training session - to make up missed sessions or as a refresher in the future. Basically you pay for the training once and can revisit it for years to come. Your participation will be appreciated!

You can make up some missed time by taking classes with Joni or attending the optional retreat to Kripalu.

You can also make up sessions in privately scheduled time with Joni at a reduced rate of \$50 per hour, see Joni directly for details.

Refresher classes for current teachers and special intensive workshops:

A select number of the training sessions will be open for current teachers and/or serious students for the fee of \$25 an hour.

Application Questions:

Please send to me your answers to jonisturgill@gmail.com. I'm happy to also schedule time for a phone call to answer any questions you might have about the program and to learn more about you!

1. How long have you been practicing yoga and/or meditation?
2. What have you learned from your practice thus far?
3. Where did you hear about the training?
4. Why are you interested in it?
5. What will you do with what you learn in this training/how will you use it?
6. Do you foresee any problems in attending all the training sessions or meeting the program requirements?
7. Will you require the payment plans or will you take advantage of the early bird special?