

## Art Rocks & Healing Yoga

223 Chestnut Street

Dunnville, Ontario

[Audrey.omarra@gmail.com](mailto:Audrey.omarra@gmail.com)

audreyomarra.com



CANADIAN YOGA ALLIANCE

### 140 Hour Meditation Teacher Training Certification Program

Techniques Training/Practice (50 hours)

Teaching methodology (20 hours)

Classical Yoga Philosophy (20 hours)

Ethics, Lifestyle and Karma Yoga (5 hour)

Home study (40 hours)

Within this course, you will receive all the necessary training materials to teach Meditation at a Professional Level, as a Certified Meditation Yoga Teacher! This program is structured on the Teachings of Patanjali, the Foundation of the Eight Limbs of Yoga as set out in the Sutra. We will also study The Bhagavad Gita the ancient text out of India.

You will learn Yogic philosophy, Yoga teacher methodology, helping students to understand the benefits of daily Meditation practice as well as deepening your own daily practice.

Ahimsa is our goal throughout all our practices. Non - Harm to self as well as to others, this applies to all aspects of our training teaching.

You will also learn about yamas, Niyamas, chakras, bandhas, mudras, relaxation techniques, meditation, and Yoga

#### **Age Requirement:**

---

You must be at least 18 years of age to take this course.

#### **Style:**

---

*Meditation Teacher training*

**Materials Included:**

- **Meditation and it's Practices**
- **The Language of Yoga- Nicolai Bachman**
- **The Seven Spiritual Laws of Yoga –Deepak Chopra**
- **Start Where you Are • Buddha Heart, Buddha Mind**
- **Art Rocks & Healing Yoga Teacher Training Manual Yoga teacher study guide, which will give you valuable Yoga teacher tips, useful Sanskrit terms, and an ethics agreement.**

**Also**

**Also Included In Your Course**

---

- **e-Mail & Phone support**
- **Yoga Teacher Exam**
- **Practical Exam**
- **Yoga Marketing**

We meet for the following weekends, Sundays from 8 am to 4 pm (exception for the Weekend with Tony Murdock which is usually scheduled until 5 pm in October)

Cost of the program which includes Material is \$2000.00 + HST

**September 18<sup>th</sup>**

**October 23<sup>rd</sup>**

**November 20<sup>th</sup>**

**January 21<sup>st</sup>**

**February 26<sup>th</sup>**

**March 26<sup>th</sup>**

**April 22<sup>nd</sup>**

**Application for**

**Registration deadline**

**is August 01, 2022**

**Year of Program 2022-23 Starts in September**

**First Name**

**Last Name:**

Phone Number

Cell Phone Number

Email address:

Address:

Date of birth:

Please briefly describe your background in Yoga, teachers and mentors.

Please list any injury/brief medical history

In a short paragraph, briefly explain your interest in taking the Yoga Teacher Training.

Refund Policy |Payment Policy ~ 140 HOUR PROGRAM

## **Currency**

All Prices **QUOTED** in Canadian Funds

## **Application & Deposit Fee**

Upon Application for the program an Application Fee is due & payable.

All prices + HST

Upon acceptance into the program students are required to submit a non-refundable deposit within 3 days of \$200.00 dollars

## **Refund Policy**

**The Application & Deposit Fees are non-refundable.** If a student opts to withdraw from the program at any point, the fees will not be refunded.

## **Balance of Program Fees**

The Full balance of program fees is due 30 days prior to the start date of the program unless other arrangements have been made.

All prices +HST

## **Refund Policy**

Final date to withdraw from a program and not be responsible for the final payment is **30 days** prior to the start date of the program.

No refunds will be granted 29 days or less, prior to start date of program, or thereafter.

Student will provide written notice via email, to **audrey.omarra@gmail.com** to request withdrawal from the program. The email must arrive within the period of 30 days or more before the program start date, to be deemed official notice and to not be charged for the program.

## **Payment Forms**

Visa, MasterCard, E-Transfer, Cash, Bank Transfer (all funds in Canadian dollars)

## **Other**

- \* FULL REFUNDS of ALL fees will be issued if Art Rocks & Healing Yoga Teaching Training cannot move ahead for any reason that is of no fault or not related to the students applying (i.e. minimal attendance, studio cancels the program etc.).
- \* In case of a student's medical emergency any time prior to the start of program, full CREDIT will be issued with official documentation from a Medical Doctor, to be used for future programming.
- \* In case of a student's medical emergency at any time during the program, fees credit will be granted, and the student may continue during an upcoming scheduled program. If you are on a payment plan, payments will be processed accordingly.
- \* Graduation Certificates will be issued 10 days post-program, and when all payments have been received.

The Certificate will extend for 2 years from completion, upon which time to renew you will have to submit an independent study assignment which is included in this program along with an \$85.00 admin fee~ you will then receive another certificate that will be good for an additional 5 years. This is to ensure continued education and on-going diligence in the practice of Yoga.