

Art Rocks & Healing Yoga

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140 Hour Introduction to Yoga as Therapy & Trauma Based practices

Certificate Course in Heart Mind connection to healing

Techniques Training/Practice (50 hours-40 contact-10 non-contact)

Teaching methodology (10 hours-5 contact 5 non-contact)

Spiritual Anatomy Physiology (20 hours-10 contact 10 non-contact)

Classical Yoga Philosophy, and Ayurveda Philosophy (10 hours-5 hours contact 5 hours non-contact)

Ethics, Lifestyle and Karma Yoga (10 hours 5 contact 5 non-contact)

Additional 40 hours are based on home study and home practice

We are excited to offer this comprehensive course in the Introduction to Yoga as Therapy. As well we will be exploring the science of Trauma and How Yoga can help an individual recover. This course can be used as additional education hours for Yoga teachers, or as a course to improve your knowledge for better health and self growth. These techniques and practices can be applied to everyday conditions to improve your overall health and wellbeing. We will explore the Heart Mind Connection, the brain science of Trauma, how Yoga practices can reset the nervous system

This is an introduction to how to apply these and other therapeutic techniques to increase our vitality and well being. As well we will explore how Yoga can help an individual heal from Trauma. As well as the understanding, that we cannot heal the physical body without addressing the trauma.

This course is designed to teach practitioners how to incorporate the Heart Mind techniques into their clients Yoga practices. To help the clients regulate their emotional fields, and in turn help to build resilience.

In this course I am also very excited to offer a module based on the Neuroscience & Yoga in the treatment of Trauma.

This overall Introduction to these techniques will give you a deeper understanding of how to apply Yoga practices to more specific ailments

We will cover:

What is trauma

What neuroscience tells us about the impact of Trauma

Why Yoga is suitable for the treatment of Trauma

You will learn about asanas, sequencing and how to apply that to certain conditions, adjustments to asanas, modifications to asanas, contraindications, Yogic philosophy, Yoga teacher methodology, helping students with limited range of motion, anatomy, physiology, and kinesiology.

You will also learn about yamas, Niyamas, chakras, bandhas, mudras, relaxation techniques, meditation, Doshas, Gunas, pranayama, shat Karma and Yoga teacher ethics. Additionally, you will discover principles of Yoga Business Development.

Age Requirement:

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

Style:

Hatha Yoga

Materials Included:

- **Becoming Supernatural Dr. Joe Dispenza**
- **Emotional Yoga How the Body Can Heal the Mind Bija Bennett**
- **Body Mapping Manual**
- **Chakra Therapy Keith Sherwood**
- **Art Rocks & Healing Yoga Teacher Training Manual**
Yoga teacher study guide, which will give you valuable
Yoga teacher tips, useful Sanskrit terms, an ethics
agreement

Also Included In Your Course

- **e-Mail & Phone support**
- **Practical Exam**
- **access to portail for
downloads & learning videos**

We meet the following dates.

You will also be required to attend a weekly Yoga class at the studio.

September 18th

October 23rd

November 20th

January 21st

February 26th

March 26th

April 22nd

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

Application for Registration deadline is August 31, 2022

Year of Program 2022-2023 program begins in September.

First Name

Last Name:

Phone Number

Cell Phone Number

Email address:

Address:

[Empty text box]

Date of birth:

[Empty text box]

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

[Empty text box]

Please list any injury/brief medical history

[Empty text box]

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

[Empty text box]

Refund Policy |Payment Policy ~ 100 HOUR PROGRAMS

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.