

Art Rocks & Healing Yoga

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Deeper Dimensions of Yoga Training Certification Program 100 Hour Continued Education Hours

Embodying the Sutra's

*Gain a deeper understanding of the primary commentaries of the Yoga Sūtras

*Read and unpack the most important sections of the text

*Engage with the Yoga Sūtras through pre-modern perspectives

*Encounter what yoga has meant in Indian traditions prior to being transplanted to the West

Cover the important concepts of the Yoga Sūtras and how its metaphysical underpinnings differ from other classical yogic texts

Within this course, you will dig deeper into the Philosophy of Yoga and how to apply it to our everyday life.

It will be a 100-hour Comprehensive study of the Patanjali Sutra's, and how to apply them to your everyday life, as well as compliment your current teaching programs.

A comprehensive study of the Ancient Text the Patanjali Sutra's we will work through the Eight Limbs of Yoga to bring about transformation towards Unity of Mind, body, breath, and Spirit. More importantly, how to apply these teachings to everyday life in a chaotic world.

This program is open to anyone who wants to dig deep into the teachings of Yoga and how it can transform you.

The course will include

You will have access to the Virtual Teacher Training Page

We will work through the 8 Limbs of Yoga and learn how to apply them to our day to day life, to enrich our health, in mind, body, and soul.

We will cover the following

Pranayama theory and practice

Asana theory and practice

Meditation practices theory and practice

Cost of the program:

\$1500.00 plus HST

Yoga is more than a physical practice. You will also learn about yamas, Niyamas, chakras, bandhas, mudras, relaxation techniques, meditation, and Yoga teacher ethics. Additionally, you will discover principles of Yoga Business Development. Communication, marketing, and networking are skills every Yoga teacher should have.

Age Requirement:

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

Style:

Hatha Yoga

Materials Included:

- **The Yoga Sutras-Nicolai Bachman**
- **Embrace Yoga's Roots-Susanna Barkataki**
- **Deeper Dimensions of Yoga-Georg Feuerstein**
- **Art Rocks & Healing Yoga Teacher Training Manual** Yoga teacher study guide, which will give you valuable Yoga teacher tips.

Also Included In Your Course

- Dates for contact hours Sept 17th, Oct 22nd, Nov 19th, Jan 21st, Feb 25th, Mar 24th
- **e-Mail & Phone support**
- **Yoga Teacher Exam**
- **Practical Exam**

Dates of the Contact Hours Program Year

Sept 2023

Cost of the program which includes text book is \$1500 +

HST Application for Registration deadline is August 31st,

Year of Program 2023-2024

First Name

Last Name:

Phone Number

Cell Phone Number

Email address:

Address:

Date of birth:

Pronouns:

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 ~ 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.

Art Rock & Healing Yoga Teacher training application for 50 Hour training on the Yoga Sutras of Patanjali