

# *Frog Pond Yoga Centre's*

## *A Deepening Journey in Yoga*

*Primary Teachers:*

*Diane Featherstone & Anne Goewey*

**Monday nights 6:30-8:30 weekly except major holidays\* with one week off between modules.**

**Begins September 9, 2024.**

**\$45/class, if paying by class.**

**\$35/class if paying for entire module.**

**You can pick and choose the classes or modules you are interested in.**

**\*If you want to work toward your teaching certificate (200 YTT), you must take all classes in all of the modules and log 2.5 hours of practice outside of class every week through the entire program.**

**Books you can purchase to help your learning**

**(Must be purchased for 200 YTT)**

***Patanjali's Yoga Sutra* by Alistair Shearer (philosophy & non-mat practice)**

***The Heart of Yoga* by TKV Desikachar (philosophy & non-mat practice)**

***The Iyengar Way* by Mira & Shyam Mehta (philosophy & mat work)**

***Yoga Anatomy* 5th Edition by Leslie Kaminoff (philosophy & A&P & mat work)**

***Living Yoga*, Georg Feuerstein, Editor (philosophy & non-mat practice)**

***Atlas of the Human Anatomy* by Takeo Takahashi (A&P)**

***Yoga Mind Body* Sivananda Yoga (philosophy & mat work)**

**\*New Year's, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas**