

*"If you wish to learn a subject,
teach it!!"*



Yoga Study Program With Teacher Certification

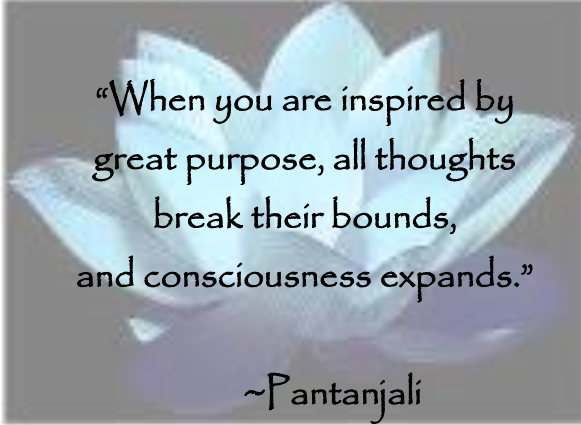
*An in-depth inquiry into the
principles and practices of Yoga*

Presented By:

**Frog Pond Yoga Centre
Princeton, Massachusetts
01541
978.464.5863**

"Above all there is Yoga"

~Dr. V.S. Rao



*"When you are inspired by
great purpose, all thoughts
break their bounds,
and consciousness expands."*

~Patanjali



*"If you work on Yoga, Yoga will
work on you!"*

~Baba Hari Das

This course is an invitation to:

- ❖ Experience the power of Yoga as a tool for transformation
- ❖ Gain a deeper understanding of Yoga as a practice and a philosophy
- ❖ Learn the fundamentals of teaching a complete Yoga class

Contact Us

To learn more about the program, including the course schedule, tuition information and to register, visit us online at www.frogpondyoga.org or contact Diane or Anne at:

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Program Description

The teacher training program at Frog Pond Yoga Centre is based on the study of Raja Yoga, the Yoga Sutra of Sage Patanjali. This is a 200 hour course, which includes 180 hours of classroom instruction and a ten hour teaching practicum. The well-defined curriculum includes:

- ❖ **Philosophy of Yoga: Patanjali's Yoga Sutra**
- ❖ **History of Yoga: East & West**
- ❖ **The many paths of Yoga**
- ❖ **Anatomy, Physiology and the Art of Asana**
- ❖ **Psychology of Yoga and transformation of consciousness**
- ❖ **Meditation, neurophysiology and the evolution of consciousness**
- ❖ **Sanskrit: The language of Yoga**
- ❖ **Teaching a comprehensive Yoga class**
- ❖ **Living the Yogic lifestyle**

A Teaching Certificate is issued upon completion of the course and its requirements.

Course Requirements

Program participants should have a:

- ❖ Basic understanding of Yoga and 1-2 years of Yoga experience
- ❖ Strong desire to promote one's spiritual growth through study, practice and teaching
- ❖ Commitment to regular attendance, participation in discussions and practice teaching

Program participants are required to:

- ❖ Remain current with readings and assignments
- ❖ Complete a ten-hour teaching practicum outside of class

Instructors

Diane Featherstone E-RYT500 Diane has been studying Yoga since 1970, and teaching since 1983. Diane is a lead trainer for the program and Centre Owner.

Anne Goewey E-RYT500 Anne has been studying Yoga since 1990, and teaching since 2007. Anne is a lead trainer for the program and the 200YTT Program Director.

Josh Tenpenny RYT200, Massage Therapist Josh teaches Anatomy & Physiology.