

wild NURTURER

200HR HATHA YOGA TRAINING

CLASSES MEETINGS - IN PERSON SCHEDULE

12-5:30pm Saturdays & 1-5:30 Sundays

Oct 7-8

Nov 4-5

Dec No In-Person Meeting

Jan 19-20

Feb 17-18

Mar 9-10 (Final in person meeting)

ZOOM MEETINGS

Sept 13th - 6:30 pm online orientation

Dec 15 - via zoom check in 6:30-8 pm

April - Certificate Classroom opens (*students work independently*)

May - program completed & graduation

COURSE DESCRIPTION:

Students receive a certificate of completion to teach a well-rounded Hatha style yoga class to all ages, genders, races, sizes, & shapes tailored to all levels.

COURSE OVERVIEW:

- Learn to practice, teach, & modify classical Surya & Chandra Namaskara Sequences
- Learn to practice, teach & modify classical Mandala of Asanas (yoga postures)
- Learn to properly sequence using methodology created by Wild Nurturer
- Learn to modify and the science of teaching all level classes
- Learn to practice & teach basic pranayama practices
- Basics of Sanskrit Terminology
- Explore the Chakra System for self-development and use in teaching classes
- Yoga Anatomy & Physiology to offer safe modifications and understanding common contraindications
- Yoga Philosophy – Yamas & Niyamas
- Mindfulness & Meditation
- Understanding Women's Yoga Practices for all ages including prenatal & postnatal yoga
- Nada Yoga

STUDENT REQUIREMENTS:

- Access to home computer to access the online classroom and complete assignments.
- Access to audio & video equipment to create assignment recordings & zoom meetings.
- Be able to learn & study on your own during your online self-practice sessions, and hold yourself accountable to meet due dates
- Devote on off weeks 6-10 hours a week to your assignments, including reading, written assignments, watching demonstrations and creating your own classes & audios

TUITION: PIF EARLY BIRD BY JULY 31ST \$2899

DEPOSIT OPTION & PAYMENT PLAN OPTIONS AVAILABLE

5% discount cash|check