



WOMEN, YOGA & THE MOON

200HR HATHA YOGA TRAINING

CLASSES MEETINGS – IN PERSON SCHEDULE

9-12pm & 2:30-5:30PM - M | T | Th | F (Wednesday's off)

June 19-23, July 17 – 21 & August 7-8

ZOOM MEETINGS

Orientation Fri June 2 6-7:15pm | Mon July 10th 6-7:15pm | Fri Aug 4th 6-7:15pm

COURSE DESCRIPTION:

Students receive a certificate of completion to teach a well-rounded Hatha style yoga class to all ages, genders, races, sizes, & shapes using additional specialized skills to create classes that are sync'd with the moon & seasonal cycles.

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 following the seasons, the moons & other cycles
- 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 APRIL 25TH \$2699 | BY MAY 21ST \$2899

DEPOSIT OPTION: \$799 DOWN BY MAY 10TH | \$2200 FINAL PAYMENT DUE JUNE 15TH

5% discount cash|check