

200hr Level 1 Teacher Training



with Christy Marsden, Bekah Turner & Nicole Honnig

True to the philosophy of Yoga Blend, this training is in a non-dogmatic style of yoga utilizing the basic fundamental teachings of yogic philosophy. This training will prepare you to teach beginners right away, however it will also take you on a personal journey to deepen your own practice of yoga. It is open to anyone and everyone with at least 6 months of practice and a genuine desire to learn.

TRAINING INCLUDES

- Daily Asana Practice
- How to Teach Asanas
- Practice Teaching with Feedback
- Cultivating a Home Practice
- The History and Philosophy of Yoga
- Yoga Sutras
- Pranayama & Meditation
- Sound & Chanting
- Introduction to Anatomy and Physiology
- Class Sequencing & Theming
- Business of Yoga
- Special Programs such as Chakras, Ayurveda, PreNatal, Restorative, Rituals & Mysticism of Yoga

PLUS

- Opportunity to assist classes at Yoga Blend
- Certificate of Completion
- Eligibility to apply for Yoga Alliance
- 3 months of UNLIMITED class at Yoga blend

TRAINING SCHEDULE

January 15th thru April 12th

Thursday evenings 7:00p-10:00p

Saturday afternoons 1:00p-6:00p

Sundays 11:30a-8:00p

All sessions are part of the training.

REGISTRATION & PAYMENT

\$500 non-refundable deposit holds your spot.

Please submit application & contract with first payment.

Single payment: \$2750

Final payment must be made by January 15th

Payment Plan: \$3000

3 payments of \$1000

Due by Jan 15th / Feb 19th / Mar 19th



Registered Yoga School

1921 W Magnolia Blvd, Burbank, CA 91506 818-954-YOGA (9642)



for more info visit www.yogablend.com questions? email info@yogablend.com

200 Hour Yoga Teacher Training Enrollment Application

This program meets the National Educational Standards of Yoga Alliance at the 200 hour level.

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

***Please answer the following questions and return with your \$500 non-refundable deposit.
Use additional paper if necessary.***

Single payment of \$2750 - Final payment must be made by Jan 15th, 2015.

3 payments of \$1000 (\$3000 total): First payment by Jan 15th; 2nd by Feb 19th, third by Mar 19th

1. How long have you been practicing yoga? What styles have you practiced? What level do you feel like your practice is currently at (i.e gentle, basics, intermediate, advanced)

2. Which teachers have had the most influence on you and why?

3. Have you ever taken a teacher training before? If so, when and where? Topics covered?

4. What are your reasons for taking this training? Are you interested in teaching?

5. What are your goals for taking this course? What do you hope to take away from this experience?

6. Please add anything else about yourself that you feel is pertinent such as injuries, limitations, weaknesses, strengths, special skills, areas of interest, etc.



**Please drop off your application with your payment or mail to:
Yoga Blend, Attn: Level 1 Teacher Training
1921 W Magnolia Blvd, Burbank, CA 91506 818-954-YOGA (9642)**



Yoga Blend 200-hour Teacher Training 2014

If you must miss any dates, please let Christy, Bekah or Nicole know in advance.

Session 1

Thursday January 15th 7pm-10pm
Saturday January 17th 1pm-6pm
Sunday January 18th 11:30am-8pm

Session 2

Thursday January 22nd 7pm-10pm
Saturday January 24th 1pm-6pm
Sunday January 25th 11:30am-8pm

Session 3

Thursday January 29th 7pm-10pm
Saturday January 31st 1pm-6pm
Sunday February 1st 11:30am-8pm

Session 4

Thursday February 5th 7pm-10pm
Saturday February 7th 1pm-6pm
Sunday February 8th 11:30am-8pm

Session 5

Thursday February 12th 7pm-10pm

Session 6

Thursday February 19th 7pm-10pm
Saturday February 21st 1pm-6pm
Sunday February 22nd 11:30am-8pm

Session 7

Thursday February 26th 7pm-10pm
Saturday February 28th 1pm-6pm
Sunday March 1st 11:30am-8pm

Session 8

Thursday March 5th 7pm-10pm
Saturday March 7th 1pm-6pm
Sunday March 8th 11:30am-8pm

Session 9

Thursday March 12th 7pm-10pm
Saturday March 14th 1pm-6pm
Sunday March 15th 11:30am-8pm

Session 10

Thursday March 19th 7pm-10pm

Session 11

Thursday March 26th 7pm-10pm
Saturday March 28th 1pm-6pm
Sunday March 29th 11:30am-8pm

Session 12

Thursday April 2nd 7pm-10pm
Saturday April 4th 1pm-6pm
Sunday April 5th 11:30am-8pm

Session 13

Thursday April 9th 7pm-10pm
Saturday April 11th 1pm-6pm
Sunday April 12th 11:30am-8pm



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