



# 200 Hour In-Depth Yoga Study & TEACHER TRAINING

This program is registered and approved  
by The National Yoga Alliance



The Yoga Loft 200-Hour in-Depth Yoga Study and  
Teacher Training is a comprehensive program  
including the following topics and more:

DEEPENING YOUR  
UNDERSTANDING OF YOGA

DEVELOPING YOUR  
PERSONAL PRACTICE

ASANA, ANATOMY & ALIGNMENT

THE ART OF SEQUENCING

TEACHING METHODOLOGY

INTRO TO YOGA PHILOSOPHY

Faculty: Katja Huiras, Carrie Morgan,  
Alysha Pfeiffer, Megan Ridge, Mel Robin,  
Jessie Thompson, and special guests.



610.867.YOGA (9642)  
[www.theyogaloftofbethlehem.com](http://www.theyogaloftofbethlehem.com)

# 200 Hour



# 200 Hour In-Depth Yoga Study & TEACHER TRAINING PROGRAM



## 200-HOUR IN-DEPTH YOGA STUDY & ADVANCED TEACHER TRAINING PROGRAM

The Yoga Loft 200-Hour In-Depth Yoga Study and Teacher Training is a comprehensive program designed to deepen your understanding of yoga practice and philosophy. This program is open to those who are interested in taking their yoga practice to a deeper level as well as those who want to teach. Our program is registered and approved by the National Yoga Alliance, and those who complete all components of the program will be eligible to apply for RYT (Registered Yoga Teacher) status.

### THE FOUNDATIONS OF THE PRACTICE

This aspect of the program will deepen your personal practice and develop your understanding of the fundamental yoga postures. We'll take a close look at sun salutations, standing poses, backbends, inversions, forward bends, twists and more. You will learn each asana from an anatomical perspective, as well as learning the effects that the posture has on your body, both physiologically and emotionally. In this course you will learn how to properly align the body in these postures for maximum safety and benefit. You will also work with your fellow students to be able to read bodies and adjust alignment both in your own yoga practice, and in helping others. In addition to gaining a clear understanding of the classical asanas, you will be introduced to other specialty topics including, restorative yoga, pranayama (breathing), mantra and meditation.

### YOGA PHILOSOPHY

In your study of Yoga Philosophy, you will discover how the ancient wisdom of Pantajali's Yoga Sutras can connect you to your heart and mind, enabling you to live your life with a greater sense of awareness and fulfillment. Lively in-class discussions of vital concepts of Yoga philosophy give students a level of understanding that extends beyond the classroom to their personal practice, and to every aspect of their lives.

### THE ART OF TEACHING

We will discuss and practice teaching methodology including how to teach beginners, hands-on adjustments, how to deal with common injuries, how to use props, and more. We will examine how to safely sequence the postures using a variety of methods to create classes that are inspirational, well balanced, and incorporate a clear understanding of how the body works, both anatomically and energetically. You will have the opportunity to participate in practice teaching sessions in which you'll receive personalized feedback, and to group teach a public class at the end of the training program. Whether you are interested in teaching or simply want to know more, these topics will deeply enhance your knowledge and experience of yoga.

### CERTIFICATION

In order for students to receive a teaching certificate through The Yoga Loft you will need to complete the following:

- Attendance in all sessions (make-ups for missed classes must be completed within 3 years of the end date of your original training program.)
- Completion of all written homework and reading assignments.
- Satisfactory completion of an in-class written exam and teaching assessment.

The Yoga Loft is proud to offer two distinct 200-Hour In-Depth Yoga Study and Teacher Training Programs annually. These programs are Registered and Certified by the National Yoga Alliance.

**SUMMER INTENSIVE FORMAT:** The Summer Intensive Format allows students to immerse themselves in yoga for (2) 10-day training sessions. In addition to the schedule below and all other certification requirements, students will complete 12 in-class assisting sessions.

**Early registration deadline: Friday, May 25, 2012.**

**2012 Schedule: Two 10-day training sessions meeting from 9 am - 5 pm**

**Session 1: Friday, June 15 - Sunday, June 24**

**Session 2: Friday, July 20 - Sunday, July 29**

**WEEKEND FORMAT:** The Weekend Format is offered annually, September through May. This format gives students an opportunity to deepen their knowledge at a more relaxed pace.

**Early registration deadline: Friday, September 7, 2012.**

**2012 - 2013 Schedule: Fridays, 6:30 - 8:30; Saturdays, 10am - 5 pm; Sundays, 10am - 5 pm**

**Sept 28 - 30; Oct 19 - 21; Nov 9 - 11; Nov 30 - Dec 2; Jan 4 - 6; Jan 25 - 27; Feb 8 -10; Feb 22 - 24; March 8 - 10;**

**April 12 - 14; May 3 - 5**

**EARLY REGISTRATION: \$2145.00**

**LATE REGISTRATION: \$2345.00**

**Required books are not included in the fees**



The Yoga Loft • 521 East 4th St., 3rd floor • Bethlehem, PA 18015  
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