

How to apply: Complete the enclosed application and submit it to The Yoga Loft. You will be contacted upon receipt of your application. In addition, all applicants are required to take one class at The Yoga Loft and receive approval from the teacher for final acceptance into the program. A \$250 must accompany your initial application. If for any reason you do not enroll in the program your deposit will be refunded. Once you are enrolled in the program, The Yoga Loft requires 48 hours notice prior to the start of the first session for a refund of tuition paid. Tuition for any cancellations less than 48 hours prior to the start of the program will be forfeited.

### about the teachers

Carrie Morgan completed her initial 200-hour Certification from OM NYC under the direction of Cyndi Lee in the Hatha - Vinyasa style of yoga. Since that time, Carrie has completed an additional 80 hours of training with Erich Schiffman, author of *Moving Into Stillness*. Carrie has been practicing yoga and meditation for ten years and continues to enrich her asana and philosophical studies by attending workshops and trainings with Jason Crandall, Scott Blossom, Gary Kraftsow, Shiva Rea, Aadil Palkhivala and Sri Dharma Mittra, as well as practicing regularly in NYC with her teachers at Sankalpah, Laughing Lotus, and OM NYC. Carrie offers her students the opportunity to find the joy of their yoga practice through a playful, challenging and heart opening practice.

Megan Ridge completed her 200 hour RYT Teacher Training through the Yoga Loft of Bethlehem and has studied with several well-loved national teachers including Seane Corn, with whom she completed a Vinyasa Flow teacher training and an additional Leadership Training program, integrating yoga with activism. Megan enjoys several different styles of yoga, and is dedicated to making yoga accessible to all of her students. The alignment of Iyengar Yoga, the flow of Vinyasa, and the peace of Restorative Yoga is her ideal combination. Megan believes yoga can inspire people to find their true purpose in life, and in 2009 she raised \$20,000 to support humanitarian projects in Uganda through the non-profit organization, *Off the Mat, Into the World*.

Mel Robin is a yoga teacher with more than 20 years of teaching and practicing experience. He is the author of *A Physiological Handbook for Teachers of Yogasana*, and the recipient of the Science Mentor of the Year award from President Bill Clinton. He holds a Ph.D. in chemical physics from the University of Washington and worked for many years in Molecular Spectroscopy at Bell Labs before becoming the Director of Student Research at Science High School in Newark, NJ. After retiring from high school science, Mel entered the full-time practice and study of Iyengar Yoga, interspersed with more and more research on the relationship between yoga and Western medicine.

## The Yoga Loft

# 200-Hour In-Depth Yoga Study and Teacher Training Program

February - October 2010

assisted by Alysha Pfeiffer  
and Jessie Thompson

This program is registered with  
the National Yoga Alliance.

taught by  
Carrie Morgan  
Megan Ridge  
& Mel Robin

2010

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. By studying the asanas, along with anatomy and physiology, you will gain a more complex understanding of the mechanics of the body as well as the effects of the yoga postures. We'll take a close look at the sun salutations, standing poses, backbends, inversions, forward bends, twists and more. 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 learn the benefits of being able to read bodies and adjust alignment both in your own yoga practice, and in helping others.

## Yoga Philosophy and the Art of Teaching

You will study Yoga Philosophy and how to apply these philosophies to your yoga practice and/or 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 sequencing and how balanced yoga classes are created. You will have the opportunity to participate in practice teaching sessions in which you'll receive personalized feedback. Whether you are interested in teaching or simply want to know more, these topics will deeply enhance your knowledge and experience of yoga.

**Dates and times:** Classes will meet Saturdays from 10:00am-12:30pm and 1pm-4:30pm, and Sundays from 9:00-12:30pm. Students will also have hours observing and assisting yoga classes, as well as completing reading and homework assignments, and a final exam.

## 2010 weekend schedule

March 13-14, 27-28

April 10-11, 24-25

May 15-16,

June 5-6, 19-20

July 10-11, 24-25

August 7-8, 21-22

September 11-12, 25-26

Oct 2-3, 16-17, 30-31

Nov 6-7

**COST:** Required books are not included in the fees listed below.

Early registration (by February 28, 2010): \$1,725.00

Late registration (after February 28, 2010): \$1,950.00


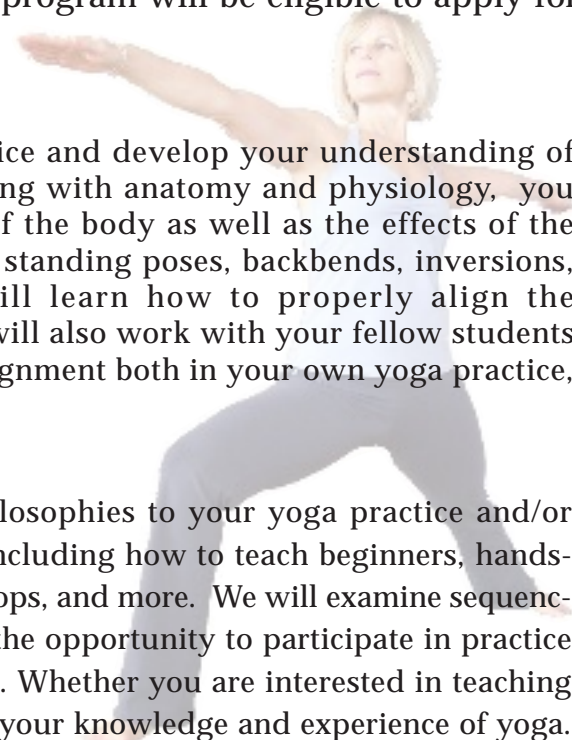
Optional unlimited yoga class series Feb - Oct: \$400.00

See reverse for info on how to apply.

All classes will take place at The Yoga Loft  
521 E 4th St., 3rd Fl. Bethlehem, PA 18015

610-867-YOGA (9642)

[www.TheYogaLoftOfBethlehem.com](http://www.TheYogaLoftOfBethlehem.com)



Knowing others  
is intelligence,  
Knowing yourself  
is true wisdom