

Deepen Your Experience, Broaden Your Horizons

Black Dog Yoga's 200 Hour Fall 2009 Hatha Yoga Teacher Training & Deeper Study Program

with Peter Barnett, Sigrid Matthews & Shari Goodhartz

Whether you are an aspiring teacher or a dedicated student, this Yoga Alliance Registered 200 Hour Teacher Training will provide you with a more profound experience of yoga and a deeper connection to the practice. *Svadyaya* (self-study), literally translated means "moving towards the self." Black Dog Yoga's curriculum exposes the student not only to a better understanding and execution of the principles of alignment in *Asana*, but also encourages an expansion of comprehension into the other limbs and aspects of yoga that move the practice from a physical workout into a science that reveals the true nature of the self. Anyone who has been practicing yoga regularly comes to realize that there is something greater at work here. Come find out what that is. This is a uniquely transformational experience and Sigrid, Peter and Shari are uniquely qualified to lead you on this journey of self-discovery equipping you with the skills to become a great yoga teacher!

Program includes:

- **Asana, Anatomy, Yoga Philosophy, Pranayama & Meditation and Skillfulness** (practice teaching, principles of alignment, sequencing and adjustments, and ethics)
- **Unlimited yoga at Black Dog Yoga** during the weeks of training

Our 200 Hour Yoga Alliance Certified Teacher Training begins on Friday, September 25th and ends on Sunday, November 22nd

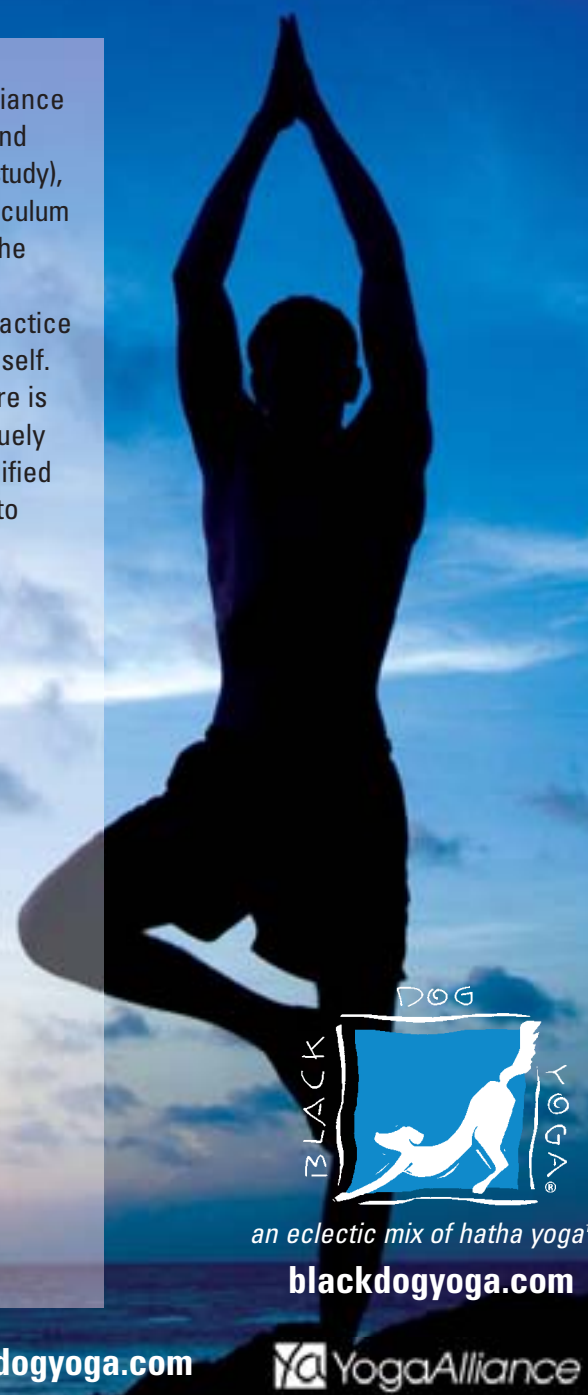
We will meet on:

- Fridays, from 6:30p till 9:30p
- Saturdays, from 12:00p till 6:00p
- Sundays, from 11:00a till 4:00p

In addition, trainees are required to observe, audit, or assist two classes per week taught by the faculty.

Three payment plans:

- Single Payment: \$2,990
 - Extended Payment Plan Option 1: 3 payments of \$1,110 each*
 - Extended Payment Plan Option 2: \$610 per month for six months*
- *certificate of completion awarded once all payments are made



an eclectic mix of hatha yoga™

blackdogyoga.com

**For more information, email us at TeacherTraining@blackdogyoga.com
or call 818.380.0331**

Yoga Alliance
Integrity. Diversity. Community.