

# Deepen Your Experience, Broaden Your Horizons in 2010

## Black Dog Yoga's Level-One Hatha Yoga Deeper Studies & Teacher Training Program

*with Peter Barnett, Sigrid Matthews & Shari Goodhartz*

SAVE  
UP TO  
15%\*

This 200-hour, Yoga Alliance® Registered Training provides each trainee with a clear understanding of basic anatomy (and how alignment flows out of it), pranayama (breath work), and a strong, practical foundation for teaching hatha yoga. Introductory information will also be provided on yoga philosophy, energy anatomy (chakras), and meditation. *Black Dog Yoga's Programs are a personally transformative experience limited to a small number of students, assuring individual attention from the faculty.*

**We will meet on Friday evenings from 6:30 pm till 9:30 pm  
and Saturday and Sunday from 11:00 am till 4:00 pm**

**Our Level-One Training is divided into Three Phases:**

- Phase One: January 29 – February 21
- Phase Two: March 5 – March 28
- Phase Three: April 9 – May 2

*In addition, trainees are required to observe or assist one class per week taught by the faculty.*

**Program includes, at no extra charge:**

- Unlimited yoga at Black Dog Yoga during the training
- Your own, donation-based class on our schedule (qualifiers apply)

*Anyone who has completed a 200-Hour, Yoga Alliance Registered Teacher Training is eligible to join the continuing 300-Hour Level-Two portion of our program, which will run from June to November.*

(details to be announced soon)

### Level-One Payment Information \*Early Bird Discounts

- Single Payment: \$2,990
- Three payments of \$1,110 each
- Six payments of \$610 each
- Register by Dec 31: **save 15%**
- Register between Jan 1 & Jan 15: **save 10%**
- Register between Jan 16 & Jan 28: **save 5%**

(discounts apply to all payment plans, Certificate of Completion awarded once all payments are made)

**Whether you want to become a yoga teacher, or are already a yoga teacher and want to gain YA Continuing Education hours, or are simply interested in refining your practice & gaining a deeper knowledge of yoga, Black Dog Yoga's Programs cover it all.**



*an eclectic mix of hatha yoga™*

**blackdogyoga.com**

**Yoga Alliance**  
Integrity. Diversity. Community.

Black Dog Yoga is a Registered Yoga School (RYS) with the Yoga Alliance®  
(www.yogaalliance.org)

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