

THE
Road to Yoga

**200-HOUR
ADVANCED PRACTITIONER
TRAINING PROGRAM**



BambooMoves

To apply please visit
www.bamboomovesenglewood.com

The Road to Yoga teacher training program, was designed for those yoga practitioners who are looking for a roadmap that guides them into the heart of this practice with a practical and contemporary approach.

This program entails a transformational journey for the body and mind. By following the path of traditional Hatha-Raja Yoga, which includes the eight limbs that guides the practitioner to eventually reach the goal of yoga at his/her own time.

This roadmap will take the trainee from the physical aspects to the spiritual aspects of this practice, expanding on all basic yoga practices and techniques.

Would you like to deepen your practice? Or maybe interested in launching a career as a yoga teacher? Well, this is your chance to embark in a transformational journey that will change your life forever!

Take off on the Road to Yoga to discover the roadmap to eternal bliss!

About the Program

Topics of Study

Asana, which includes Energetics and Alignment Principles

Class Planning & Sequencing

Pranayama & Meditation

Sanskrit & Chanting

Body Anatomy & Physiology

Subtle Anatomy, which includes Nadis, Chakras, Bandhas, Vayus

Yoga Philosophy, which includes the study of The Yoga Sutras & Bhagavad Gita

Yogic Diet, Nutrition & Vegetarianism

Kriyas & Fasting

Adjustments & Assists

Yoga Therapeutics



Dates

Training is from APRIL 7th thru AUGUST 27th, 2017. Weekend sessions begin every Friday evening at 6pm and ends on Sunday at 2:00pm. Save the dates:

April 7-9	July 14-16
May 5-7	August 4-6
June 9-11	August 25-27

Weekday evening meetings will take place from 6:00-9:00pm at your local studio (inquire locally for day of week)

Accommodations

The Road to Yoga teacher training program, will take place at the Himalayan Institute in Honesdale, PA.

We encourage early reservation and deposit due to limited space. To apply please visit www.bamboomovesyoga.com, contact your local BambooMoves studio or email info@bamboomovesyoga.com.

Pricing

APPLICATION FEE (non-refundable): \$50

TUITION FEE: \$3,500

TUITION EARLY BIRD SPECIAL:

paid by January 7th, 2017: \$3,000

paid by February 7th, 2017: \$3,250

*TUITION INCLUDES teaching manual, accommodations, and meals. Does not include additional textbooks required.