

## PRIMARY INSTRUCTORS

**Priscilla Potter (Swami Maha-tarananda), E RYT-500** is the founder and director of the Yoga Connection. Her inspirational and intuitive teaching style is supported by over 40 years of training and more than 35 years of teaching teachers.

**Gary Phelan E RYT-500, RN** graduated from the Yoga Connection's first HTTI program in 1992 and has taught yoga for almost 20 years. He has been on the HTTI staff for 15 years. Gary brings to his teaching a warm gentleness and humor. He has worked in nursing since 1976.

**Susan Ferguson E RYT-500, PYT, RN** graduated from the Yoga Connection in 1994 and has been teaching yoga since 1987. Sue is also a certified Yoga Therapist. Priscilla Potter was her first formal teacher and mentor. She balances teaching basic safe alignment with allowing students to experience the flow of energy.

**Jim Norris** completed his 200 hour level training through The Yoga Connection in 1992 and has taught for The Yoga Connection for more than 14 years. His area of expertise and personal study is focused on the Eight Limbs of Yoga and Patanjali's Yoga Sutras.

**OTHER INSTRUCTORS David Forest, Ashley Leal, Sarah Metz, Becky Thomas & Anthony Tribe**

**Please check our website for full biographies.**



3929 East Pima | [www.yogaconnection.org](http://www.yogaconnection.org)  
(520)323-1222 | [yoga@yogaconnection.org](mailto:yoga@yogaconnection.org)

## COURSE CURRICULUM IN BRIEF

### Hatha Yoga - Understanding the Postures

- The five stages of practicing postures
- Methods for sequencing asanas
- Asana warm-ups and centering techniques
- Alignment in the postures
- Create a balance between strength and flexibility
- Quiet restorative poses for renewing energy
- Adapting the asanas to the individual
- Anatomy and Physiology of Hatha Yoga
- Yoga for people with special needs
- Hatha Yoga and Spiritual Centering

### Kriya Yoga and Re-creating your Universe

- Patanjali's Yoga Sutras & the 8 stages of Yoga
- Enlightenment - Your destiny
- An overview of the entire yoga system
- Using affirmation, mantras, and visualizations
- Subtle Anatomy: Understanding the Chakras

### The Dynamics of Relaxation

- Pranayama and Breathing practice
- Meditation and Mantra techniques
- Effective Stress Management

### Becoming a Yoga Teacher

- Communication skills for yoga instructors
- Organizing a yoga class
- Practice teaching with peers
- Hands-on assisting with qualified mentor

## WHO CAN ATTEND?

All students interested in learning about yoga and teaching are invited to apply. Proficiency of the postures is not a prerequisite, however, we suggest one year (approximately 50 hours) of yoga experience. We require a minimum of ten hours at the Yoga Connection prior to the first teacher training class.

## SCHEDULE

HTTI 200 Hour program starts Saturday, April 3, 2012 and will end on Saturday, November 10, 2012. Class will meet Tuesday evenings, alternate Saturdays and one Sunday a month and includes a weekend retreat.

## GRADUATION REQUIREMENTS

Minimum 95% attendance and successful completion of assignments and final exam.

Attend Anatomy weekend—mandatory!

The following hours need to be completed within one year of the end of the course:

- 35 hours of additional Hatha Yoga classes or workshops at the Yoga Connection.
- Approximately 25 hours of assisting in Yoga Connection classes. (4 four-week sessions)
- 15 hours of teaching
- 15 hours of community service

## REGISTRATION AND TUITION

Download an application from our website, [www.yogaconnection.org](http://www.yogaconnection.org), or call 520-323-1222 to request one. Submit your application with \$25 fee\*.

Tuition is \$2975, which includes all course work, 20 yoga classes and a 10% discount in our bookstore and a 20% discount for workshops. Required textbooks must be purchased separately; cost is approximately \$126. A deposit of \$500\* is required with a signed Enrollment Contract.

Early registration discount, flexible payment plans and work-study to offset some tuition are available on a limited basis.

\* See Yoga Connection Policy Catalogue for refund details.

Make the rewarding transition from student to teacher. Our course eases this process with extensive hands-on training. We provide the necessary tools and techniques for you to teach a wide variety of students.

Many of our graduates tell us that this was one of the most important experiences of their lives. Many are using their knowledge to teach, refine their own spiritual practices and help others attain a life of greater health, happiness and wisdom.

### WHY YOU SHOULD ATTEND

- Increase your understanding of yoga.
- Develop skills as a yoga teacher.
- Gain a practical understanding of postures and how to teach them.
- Make your life more meaningful by sharing the joys and benefits of yoga with others.

***Schedule an interview to learn more about our program and begin the application process!***  
***(520)323-1222***

### ABOUT THE YOGA CONNECTION

The Yoga Connection is a 501(c)3 nonprofit organization under the direction of Priscilla Potter, Swami Maha-tarananda.

The Yoga Connection has been active in the Tucson community since 1987. Our mission is to make the teachings of yoga, health and well-being available to all who seek. We are active in the community serving many populations with a variety of special needs. You will find us teaching in schools, health clubs, prisons, nursing homes, retirement communities, gyms and resorts

Our 200 Hour HTTI is registered with Yoga Alliance. Completion of this training makes you eligible to register with Yoga Alliance at the 200 level.

Our yoga school is the only school in Southern Arizona licensed and regulated by the state through the AZPPSE.



## 200 Hour Hatha Yoga TEACHER TRAINING *and Personal Growth Intensive*

***To Teach Is To Learn...***

***Starts April 3, 2012***

 the YOGA Connection

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