

Your participation in the program will offer you the opportunity to expand your yoga teaching skills and abilities with 300 hours of training beyond your initial 200 hour training.

The Yoga Connection is the only yoga institute in Southern Arizona to offer this advanced teacher training.

We anticipate high demand; early registration is encouraged.

Your \$800 registration fee plus a \$50 application fee ensures your spot in the class. We offer flexible payment plans for under \$300/month.

Additionally, you will receive:

- A 30-class pass at the Yoga Connection, a \$270 value.
- Discount of 10% on all items in our bookstore including textbooks.
- A Discount of 20% on all other Yoga Connection workshops.

Call today to be part of this sacred process of sharing the ancient science of yoga.

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 500 Hour HTTI is registered with Yoga Alliance. Completion of this training makes you eligible to register with Yoga Alliance at the 500 level.

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

Tucson's only nonprofit yoga organization, serving the yoga community since 1987.

500 Hour Advanced Hatha Yoga TEACHER TRAINING *and Personal Growth Intensive*



*Further Your Practice.
Grow Your Career.
Deepen Your Commitment To Service.*



the YOGA Connection

3929 East Pima | www.yogaconnection.org
(520)323-1222 | yoga@yogaconnection.org

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.

Susan Ferguson, RN, E-RYT 500, PYT 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.

Johndennis Govert Roshi returns again to our 500 hour advanced program. His exceptional teaching is highly valued by our graduates. Govert Roshi teaches from a wealth of ancient traditions in a deep, light-hearted and direct way to overcome practical and spiritual obstructions on the path to bliss, liberation and enlightenment.

Becky Thomas, E RYT-500 completed her 200 hour teacher training at the Yoga Connection in 2002. In 2005 she completed her 500 hour training at the International Yoga College. Her area of interest is Ayurveda, the traditional healing system of India. She continues to study at the Ayurvedic Institute in New Mexico.

Anthony Tribe, PhD, RYT 200 is a doctorate in Indian religious and philosophical traditions from Oxford University. He combined his academic and Yoga backgrounds to teach Sanskrit, Yoga Philosophy and the Bhagavad Gita. At present he teaches yoga and Sanskrit, leads workshops on the Yoga Sutras, and works as an independent scholar.

OTHER INSTRUCTORS Ashley Leal, Jim Norris, Sarah Metz

Please see our website for full biographies.

THE CURRICULUM IN BRIEF

Further Your Practice, Grow Your Career, Deepen Your Commitment To Service

The 500 Hour Advanced Program provides over 300 hours of training past the 200 hour basic training. Upon completion you can register with the Yoga Alliance at the 500 hour level.

- Learn Ayurveda, the ancient healing system of yoga.
- Learn yoga for: back care, restorative yoga, chair yoga and yoga for other special needs populations.
- More than 30 hours of anatomy and movement, hands on adjusting and student teaching.
- 100 hours of practicum work: analyzing asanas, assisting in and teaching classes.
- Meditation: deepen your practice and learn to integrate it into your teaching.
- Go “Beyond Asana”, explore your spiritual life.
- Study ancient yoga texts including the Yoga Sutras, the Upanishads and the Bhagavad Gita.
- The business of yoga: putting it out there!
- Learn to: develop and teach workshops.
- Study Kriya Yoga: the science of the Soul.
- Subtle Anatomy
- Posture Clinics for an in-depth exploration of more advanced asana.
- Learn basic Sanskrit for Yoga Teachers.
- Advanced Trainings including: Chair Yoga, Stress Management, Back Care, Restorative and Yoga Therapy

SCHEDULE

The 500 Hour Advanced HTTI starts January 2013 and concludes June 15, 2014. The course will meet one weekend a month with some variation. The hours are: **Saturdays 9a-5:30p and Sundays 9a-5:30p.** There will be a 4 day retreat in October 2013. Call us or see our website for a complete schedule.

WHO MAY ATTEND?

You may apply if you have completed a 200 hour program either with the Yoga Connection or another school.

REGISTRATION AND TUITION

Tuition is \$4495; A deposit of \$850* is required at the time of enrollment. To begin the process submit an application with \$50 fee (part of the \$850). You can download one from our website, or request one be mailed or emailed.

There is a 10% discount for students who have completed our 200 Hour Teacher Training.

An early registration, senior or military discount is available as are payment plans.

Work/Study is available on a limited basis.

Textbooks are purchased separately.

*See Yoga Connection Policy Catalogue for refund details.

3929 East Pima | www.yogaconnection.org
(520)323-1222 | yoga@yogaconnection.org