

The Yoga Connection

200-Hour Hatha Yoga Teacher Training and Personal Growth Intensive

Make the rewarding transition from student to teacher. Our course provides extensive hands-on training and the necessary tools and techniques to teach a wide variety of students.

If teaching yoga, deepening your practice, and being of service speaks to you, then call today to learn more about our Hatha Yoga Teacher Training and Personal Growth Intensive.

Registration, Tuition & Discounts

\$25.00– Application Fee

\$500.00- Registration & Deposit

\$3,250.00- Total Tuition (includes application fee & deposit)

\$130.00 (approximately)- Books

\$2,925.00: 10% Maximum Combined Discount

\$3,087.50: 5% Discount for Early Registration*

\$3,087.50: 5% Discount for Seniors, Students, Military, or Tucson Values Teachers

\$3087.50: 5% Discount Tuition Paid-in-Full*

*one month before course start date

Payment plans available

Partial scholarships available

Work/study is available for partial tuition

See *The Yoga Connection's Policy Catalog* for additional policies, including graduation requirements and refund details.

What to Expect

A well-rounded curriculum with emphasis on:

- Alignment and safety in asana
- Methods for sequencing asanas and class planning
- Adapting the asanas to the individual
- Yoga for people with special needs
- The *Yoga Sutras* & the Eight Limbs of Yoga
- An overview of the entire yoga system
- Subtle Anatomy: understanding the chakras, nadis and energy
- Pranayama and breathing practice
- Meditation theory and practice
- Effective stress management
- Communication skills for yoga instructors

A very supportive program including:

- Qualified and experienced instructors and mentors
- Participation in small core group of three to five students with one mentor
- Peer teaching and constructive feedback from peers and instructors
- Assisting with skilled instructors in real classes
- Extensive training manuals
- An in-town retreat to deepen your practice
- Teacher training website with access to additional materials and other useful tools

Programs

JANUARY 5-Month

- January-July
- Meets Tuesday evenings, two Saturdays & one Sunday each month

SUMMER ACCELERATED 8-weeks

- June-July
- Meets Monday-Thursday, plus two weekends

FALL Session 8 months

- October-May
- Meets two weekends each month

WINTER IMMERSION 24-days

- December & February
- Sessions meet for twelve consecutive days

Primary Instructors



Priscilla Potter, E-RYT 500
(Swami Maha-tarananda)



Sue Ferguson, RN, PYT,
E-RYT 500



Julie Williams, E-RYT 500



David Forest, E-RYT 500

Additional Instructors Include:



Anthony Tribe,
PhD, RYT 200



Jessica Byron,
MD, RYT 500



Cynthia Wasco,
AHE, RYT 500

Please see our website for full biographies.

From Our Graduates

Sometimes in life we learn things when not expecting to. In my journey through this training I have learned so many things about myself and I want to sincerely thank you for giving me the tools to do so. All of you are beautiful souls & I wish you a lifetime of health & happiness. Please know that you make a difference in people's lives and you are exactly where you should be.

Thank you, Priscilla and everyone at Yoga Connection for this time and space, for your individual & collective knowledge and wisdom which has led me to believe that I, too, may indeed have something to offer as a teacher.

I can never thank you enough for all the deep teaching, constant support & love you have given me and all of us in this program. Only a few months have passed since I first began this program & yoga will never be the same to me. I feel incredibly privileged to have gone through this program & feel that I am the most prepared I can possibly be to begin teaching.

Spring 2015 200 Hour



Prerequisites

All students interested in teaching yoga are invited to apply. One year (approximately fifty hours) of yoga experience is strongly suggested.

We require a minimum of ten classes at The Yoga Connection by the first day of classes.

About The Yoga Connection

The Yoga Connection has been training teachers in

Tucson since 1992—the longest running programs in southern Arizona with some of the most experienced, qualified teaching staff. We have been active in the Tucson community since 1987.

The Yoga Connection is the only non-profit yoga studio (501(C)3) in Tucson, dedicated to serving all those who seek to learn Hatha Yoga, meditation and the Kriya Yoga teachings. We are active in the community serving many populations with a variety of special needs. Our graduates (*over 300!*) are teaching in schools, health clubs, prisons, nursing homes, gyms, resorts, retirement communities and more.

State Licensed

Our yoga school is regulated by the state through the AZPPSE.

Yoga Alliance

We are a Yoga Alliance Registered Yoga School. Completion of our training makes you eligible to register with Yoga Alliance.

GI Bill

The Yoga Connection is approved to certify qualified veterans for GI Bill Benefits.

MyCAA

Our courses are approved for MyCAA Scholarships offered to military spouses thru the Dept. of Defense.

Schedule an interview to learn more about our program and begin the application process.
520.323.1222



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"To teach is to learn"



Programs Offered Year-Round!

The Yoga Connection

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