

200 RYT Thrive Yoga Teacher Training/Immersion

Location: Thrive Yoga Studio in Sebastopol, CA

Description: This program offered by Shannan Donovan and Iris Lambert can be taken as an immersion, to deepen your understand of all the aspects of yoga, or as a yoga teacher training, giving you the tools to begin taking the seat of a yoga teacher.

Even if you don't intend to teach right away, the teacher training modules can be deeply effective in exploring personal development toward self-confidence and authenticity in your life. This experience intends to nurture the experience of yoga toward samadhi. We will ponder bringing the teachings of the yoga sutras into our lives.

The immersion modules will be offered during the week and are required for the Teacher Training as well. The content of these modules will include: A morning flow asana practice, yoga history and philosophy, energetic mapping, pranayama and meditation, a therapeutic alignment based asana practice, sequencing as it applies to a home practice, ayurveda, basic anatomy, sanskrit, chanting and invocations. The yoga philosophy, history and energy mapping includes: Chakras, mudras, mantras, koshas, kleshas and the eight limbs, ashtanga yoga. The Bagavad Gita and the Yoga Sutras will be our main texts.

The specific **Teacher Training Modules** will be offered on weekend from 1-4 pm. These modules will include: yoga therapy, sequencing, common misalignments and adjustments, Thai Massage and homework teaching assignments and practice. To complete the 200 hour Yoga Teacher Training, in alignment with the Yoga Alliance, you will be required to teach a one hour class and complete a final test.

The classes and modules will follow the flow of the Chakras. Every three days we will move up a chakra, from the first to the seventh, exploring the mental, emotional and physical reflections in our Asanas and lives.

The flow classes are heated, but both Shannan and Iris offer non-heated classes at other locations and these classes can be used to accumulate your Teacher Training hours if Heated Yoga doesn't work for you.

Cost: To sign up for the Yoga Teacher Training in it's fullness is \$3000 due prior to June 24. The immersion, just the week day modules, is 2500 due prior to June 24. The weekend Modules can be taken as continuing education hours for yoga teachers. We will, of course, accept cash and checks. We can also take credit cards and will charge an extra 3% fee.

We are also taking folks to Mexico June 24 through July 1. There are 30 hours of pranayama, Meditation and Asana practice that can be used toward Yoga Teacher Training or for Continuing Education hours.

A general outline of the timing for the Immersion is: July 7 - August 6

Monday 8:30 - 10 am - Heated Vinyasa Flow with Shannan

11-4 pm - Immersion material as above...

Tuesday 9 - 10:30 - Heated Vinyasa Flow with Iris

12-5 pm - Immersion material as above

Wednesday 8:30 - 10 am - Heated Vinyasa Flow with Shannan

11-4 pm - Immersion material as above...

Thursday 9 - 10:30 - Heated Vinyasa Flow with Iris

12-5 pm - Immersion material as above

Friday - Off

Saturday - 9 am Heated Vinyasa Flow with Iris

Teacher Training Modules 1-4

Sunday - 9 am Heated Vinyasa Flow with Shannan

Teacher Training Modules 1-4

Again, let us know if you are interested in non-heated class options. We will also make suggestions re other local teachers to take classes from for your non-contact hours.