

Schedule and Times

Program dates Track 1 (RYT200)

January 14 - 16	Track 1
January 29 - February 2*	Track 1
March 4 - 6	Track 1
May 20 - 22	Track 1
July 15 - 17	Track 1
September 30 - October 2	Track 1
December 9 - 11	Track 1

Program dates Track 2 (RYT500)

November 5 - 7, 2010	Track 2
December 10 - 12, 2010	Track 2
January 29 - February 2*	Track 2
March 4 - 6	Track 2
April 8 - 10	Track 2
May 20 - 22	Track 2
June 10 - 12	Track 2
August 5 - 7	Track 2
September 9 - 11	Track 2
October 7 - 9	Track 2

Hours

Friday, Saturday, Sunday: 9am - 6pm

*Jan 29 - Feb 2 8:30am - 5:30pm

Pre-requisites

Track 1: 40 hours yoga experience

Track 2: Current RYT-200 YA accreditation

GoldenHeart Yoga.

179 Admiral Cochrane Dr., Suite 120

Annapolis, MD 21401

Golden
Heart
Yoga.



Immersion
into the
Yoga Tradition
2010-2011

410-22-Heart

goldenheartyyoga.com

Immersion into the Yoga Tradition Curriculum

The Golden Heart Yoga **Immersion into the Yoga Tradition** (IYT) is a comprehensive program for students who wish to deepen their practice and further their understanding of Yoga. The in-depth study into the art and science of Yoga presents the Yoga teachings from a multitude of perspectives in order to provide students with a rich and vast body of knowledge. Guest teachers throughout the year further enrich the students' experience.



♥ Gain insight into the heart of the Yoga teachings by studying such classic texts as the Yoga Sutras, the Bhagavad Gita and the Mahabharata.

♥ Listen to the stories and learn the symbolism associated with the deities after whom many poses are named.

♥ Analyze and learn to teach standing poses, backbends, forward bends, inversions, twists, and restoratives with confidence.

♥ Learn the art of skillful sequencing, hands-on adjusting, use of props and variations or modifications for special populations.

♥ Explore anatomy from both the Eastern energetic and the Western anatomical perspectives.

♥ Emphasis is on practicing and teaching the asanas safely using bio-mechanical principles of alignment to enhance the flow of prana.

♥ Study Ayurveda, the 'science of life' and learn the importance of creating a healthier lifestyle based on your constitution.

The **Immersion into the Yoga Tradition** is designed to be flexible and is divided into two tracks to enable students to get the most from their participation.

Track 1 is for students with less exposure to the Yoga teachings. This track offers a solid philosophical introduction to the Yoga tradition, a preliminary exploration into Sanskrit, pranayama, meditation and subtle anatomy and an overview of Ayurveda in addition to learning to teach, sequence and break down beginner and intermediate poses.

Track 2 reviews the various philosophies within the Yoga tradition then immerses the student more fully in its subjects. Subtle anatomy including the prana vayus, koshas, nadis and chakras is explored more fully as is Ayurveda. Classic texts are reviewed and discussions of their relevance in today's world are shared. Students delve deeper into the study of Sanskrit and more advanced meditation and pranayama techniques are introduced. Students continue to hone their teaching skills with practice teaching, sequencing exercises and analysis of more advanced poses.



Yoga Alliance accreditation

RYT-200 eligibility: Completion of all Track 1 modules & related coursework.

RYT-500 eligibility: Completion of all Track 2 modules & related coursework.

IYT hours qualify as continuing education.

Tuition

Track 1 \$3200*

Tuition covers all course handouts, track 1 teacher training weekends, the 5-day Rod Stryker PYMT, all guest teacher fees, weekly yoga classes during the training and 21 hours of apprenticeships. Tuition for this comprehensive program is less than \$13 per workshop hour!

Track 2 \$4200*

Tuition covers all course handouts, track 2 teacher training weekends, the 5-day Rod Stryker PYMT, all guest teacher fees, weekly yoga classes during the training and 21 hours of apprenticeships. Tuition for this comprehensive program is approximately \$12 per workshop hour!

Individual weekends: \$475 except January 29.

**a payment plan is available*

Registration

Please complete and submit an application along with a \$500 deposit. Applications are on the website: www.goldenheartyyoga.com
**Applications cannot be reviewed if deposit is missing. If applying for Track 2, a copy of current RYT-200 card must also be included.*

Refund policy

Refunds are based on date requested and full tuition amount, not the number of payments made or number of weekends attended. Refunds do not include the \$200 non-refundable application fee. Withdrawal prior to first weekend: 100%; prior to second weekend: 75%; prior to third weekend: 50%; prior to fourth weekend: 25%. There are no refunds given after the fourth weekend.