Shakti Yoga Immersion & Teacher Training

Become inspired....immerse yourself in yoga!

Yoga is a journey on the path of knowledge of your own Self. The Shakti Yoga Immersion program guides yoga students to affirm and reveal their own inherent and natural strength and wisdom. The Shakti Yoga Teacher Training program offers the student a means to learn and affirm the necessary skills to teach while affirming the experience of yoga's deepest value and its long lasting benefits.

We welcome you to step into this program for your own personal growth or into both if your intention is to become a certified hatha yoga teacher. In either case, you will cultivate a dynamic and enlivened relationship with the practices of asana, meditation, pranayama, chanting, reflection, and contemplation as well as the enlightening study of yoga's living philosophy. Learn to live your life immersed in yoga!

NOTE: ***Enrollment in both Teacher Training (140 hours) & Yoga Immersion (60 hours) programs are necessary to complete a Shakti Yoga certification and to qualify for Yoga Alliance RYT-200 status.*** *Shakti Yoga is an RYS, a Registered Yoga School, with Yoga Alliance.*

Shakti Yoga teacher training faculty:

***Angela Caplan *Jacki McCausland *Ruth Ann Polito**
***E-RYT 500 certified teacher with Yoga Alliance**

With special guest teachers:

Ellen Saltonstall, Dr. William K. Mahony, Sonam Targee, Joseph Schmidlin

IMMERSION: Deepening the Practice, Living the Philosophy
September-December 2016 (60 hours)

Next Immersion: September-December 2017.

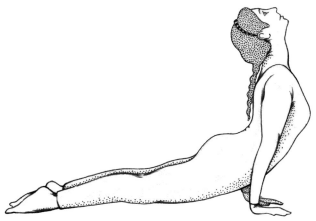
- Learn about the history and traditions of yoga
- Study and discuss yoga philosophy and its essential teachings
- Be guided in asana practice
- Learn principles of yoga alignment
- Begin or deepen a meditation practice
- Practice basic pranayama techniques
- Engage with contemplative practices of reflection, contemplation, journaling
- Participate in creative expression exercises
- Be introduced to Ayurveda, Kirtan and experiential anatomy

Dates for Immersion segment 2016:
September 9-11; September 30-October 2; November 4-6; December 2-4
Note: You may enroll in either Immersion 2016 or 2017 (Sept.-Dec. 2017) to complete the 200-hours.

TEACHER TRAINING: The Art and Skill of Teaching Yoga
January- June 2017 (140 hours)

- Learn a strong overall foundation of teaching with confidence
- Discover your own voice and creative expression in teaching
- Practice teaching in a supportive environment
- Plan lessons with clear instructions and inspiring themes
- Learn how to observe, assist, and demonstrate poses
- Offer your teaching as service
- Refine and deepen your own asana practice
- Learn anatomy fundamentals and yoga therapeutics
- Learn basics of Ayurveda for healthy living
- Discuss elements of ethics, lifestyle, community and livelihood

Dates for Teacher Training 2017:
January 20-22; February 24-26; March 24-26; April 21-23; May 19-21; June 9-11

Immersion / Teacher Training Requirements: see website.

Immersion / Teacher Training Application is available on our website:
www.shaktiyogageneseo.com shaktiyogageneseo@gmail.com