



## 200 HOUR TEACHER TRAINING APPLICATION



**Sat Nam and Namaste!** The Divine Light Yoga Teacher Training will begin its next session December 5, 2008 - June 14th, 2009. We are a Yoga Alliance sanctioned 200 HR Yoga Teacher Training Program. Our course provides a deeply integrated and personally transformative experience to understand, assimilate and develop in you, a comprehensive and thorough foundation for the Eight Limbed Path of Yoga from which you will teach. We weave the teachings around the Sacred Yogic Texts and the practical aspects of being a yoga teacher in today's world. We have organized the course around these major concepts:

• *The Roots of Yoga* • *The Classical Asanas* • *Yogic Anatomy and Physiology: Subtle and Western* • *Meditation, Mantra and Mudra* • *The Seat of the Teacher* • *The Business of Yoga*

Becoming a teacher, especially of Yoga is one of the most personally transforming experiences you may undertake. It requires great patience with yourself, determination and fortitude. Asana is but one limb and it is from your daily Sadhana that your heart will open and you will develop and refine your ability to share these teachings with grace, wisdom and joyful intent.

Our intention is to help you first to become self illumined, and to experience your own Divine Light, your divinity, and to realize that it is from your self awareness and grace that you can help others to awaken. We become a guide, not acting from a place of holding the power, but by embodying the wisdom of the lifestyle. As the guide, we empower each student to become their own guru, their own light.

This style of teaching requires a limited class size and serious students with an established (min. 2 year) practice. A strong foundation in asana practice is required and experience in meditation and pranayama will be helpful but not required. We intend to teach from a seat of humility, wisdom and experience of what has changed our lives and to base these teachings in the proven and enlightening yogic texts and upon what the great masters have shared throughout history.

**Class dates:** December 5,6,7, 2008  
January 9,10,11, 2009  
February 6,7,8  
March 13,14,15  
April 16\*, 17,18,19 (\*6:00 pm - 8:00 pm only)  
May 15,16,17  
June 12,13,14

**Location:** Divine Light Yoga Home Studio, West Annapolis, MD  
Evolutions Yoga, George Ave, Annapolis, MD (Sunday mornings only.)

All days are 8:30 am - 6:00 pm, with a 50 minute break for lunch. All hours are required for Yoga Alliance 200 HR Registration. Any missed hours must be made up in the presence of the primary E-RYT teacher (Denise B. Lapides). Extra time beyond structured class hours will require additional fees.

**Total Cost:** \$2,720 includes 14 Sunday classes at Evolutions Yoga. Books from required list, any additional classes and any miscellaneous fees for supplies are not included.

Class is limited to 6 serious students, please contact me directly with any questions you may have.

*\*Please refer to the complete application for details which may not be explained here.*

