

Registered Yoga Teacher and Therapist Certification Programs RYT200 and RYT500: Choose from 200, 300 & 500-hour Programs 2009

Director of Studies Ema Stefanova, Master Yoga Therapist and Teacher Trainer Since 1979!

ॐ Ann Arbor Yoga and Meditation, Ann Arbor, Michigan, USA

Yoga Alliance Registered School RYS500, RYS200

Member IAYT

Overview

All programs are designed for earnest students on the path of self-discovery through Yoga's ancient way of studying with a master. Each class is designed as a conversation with your teacher not a lecture. So be prepared to share knowledge, insight, opinion, and perform demonstrations in class.

Ema Stefanova has practiced and taught yoga and meditation since 1979 in Europe and the U.S., following the teachings of world renowned guru and prolific author in the field Satyananda Paramahansa as well as senior swamis (yoga masters) in the same lineage. Our programs provide premier quality holistic yoga and meditation training with a common sense approach. School graduates, and experts from course required fields assist teach. The training is systematic, hands-on, comprehensive and applies to all yoga styles and prior training you may have received. We honor diversity!

Course Objectives

1. Provide opportunities for student mentorship with some of the most highly trained and experienced yoga and meditation therapists and teachers in the nation. Emphasis on "learning by doing" and developing thorough fully understanding of the arts and sciences of yoga.
2. Increase one's exposure to practical yoga and meditation from the tantras philosophy in real life and working form a place of a traditional teacher – student relationship.
3. Strengthen one's personal practice and develop quality teaching and basic through advanced yoga therapy skills for both the physical and mental health fields for the yoga therapist track programs.
4. Offer teaching practice opportunities in a supportive setting.
5. Maintain flexibility to allow for students own development.

Attendance

For each of the 200, 300, and 500 hour programs 100% attendance rate must be achieved in order to complete the program. The 500 hour program consists of nine content based modules which includes the 200/4 module Yoga Therapist and Yoga Teacher Training programs respectively and the 300/5 module Yoga Therapist and Yoga Teacher Training programs.

Formats

In its most condensed form, our 200 hour programs are available in the form of a two week intensive training, the 300 hour programs in the form of a three week

intensive training, and the 500 hour programs in the form of a five week intensive training. All intensives are residential retreats held primarily in Michigan, and also overseas at the Majestic Blue Adriatic in Croatia and Exquisite Lake Ohrid in Macedonia. For details and to schedule your intensive, do contact us today.

In our more leisurely formats, we also meet on a regular basis on the weekends (Sundays 9:00a.m.-4:00p.m.) and during the week (for students who desire and qualify for a speedier journey).

NEW: We are currently also available for Yoga Therapist and Teacher Training intensives, retreats, continuing education and mentoring programs at your location with prior planning and pre-registration internationally.

Curriculum 200 hour

1. Techniques training/practice/teach 80 hours
2. Teaching methodology 40 hours
3. Anatomy and physiology 20 hours
4. Yoga philosophy, lifestyle, and ethics 30 hours
5. Practicum 10 hours
6. Remaining 20 hours will be “allowable non-contact hours” as defined by the Yoga Alliance.

At this point, the 200 hour program is completed including one thirty-hour required residential retreat.

Curriculum 300 hour (Yoga Therapy Concentration)

Requirement: qualifying prior RYT 200 hour teacher certification or equivalent

1. Techniques training/practice/teach 105 hours
2. Teaching methodology 30 hours
3. Anatomy and physiology 15 hours (in addition to 20 hours completed as part of a prior 200 hour training)
4. Yoga philosophy, lifestyle, and ethics 30 hours
5. Practicum 30 hours
6. Remaining hours will be spent in a 30 hour or longer retreat plus “allowable non-contact hours” as defined by the Yoga Alliance.

300-hour Course Content Sampler

A. Yoga’s Psychic Physiology: Energy Channels (Nadi), Energy Centers

(Chakra) and One’s Whole Human Potential Energy (Kundalini Shakti)

B. Techniques/practice/teach plus benefits and contraindications

1. Posture sequences with breath awareness and concentration on the chakras as taught in true classical yoga.

2. Pranayama: therapeutic applications and programs all levels
 3. Pratyahara (The Real Yoga Nidra Stages I and II, Tratak, etc.)
 4. Classical Yoga Meditations, Chanting (Mantra Yoga) and more
- C. Methodology: refining demonstration, observation, instruction and corrections
- D. Yoga spiritual notions explained. Classical yoga texts relevant to students' needs and understanding are studied such as the Hatha Yoga Pradipika, Patanjali Yoga Sutra, The Concise Yoga Vashishta, etc.
- E. Yoga Therapy: Yoga for Arthritis, Back Pain, Back Strengthening, Sciatica and Other Conditions Affecting the Joints and the Musculo-Skeletal System
- F. Yoga Therapy: Yoga for Anxiety and Depression
- G. Yoga for special populations and environments
- H. Business aspects of teaching yoga and yoga therapy.

Our 2009 Yoga Therapist and Teacher Trainings are now open for enrollment. Start as soon as you are ready. We look forward to hearing from you and meeting you in person soon! Will interview and accept applications from qualifying candidates. Call and e-mail us today. For Yoga Therapist and Teacher Trainings, Retreats, intensives, mentoring, and all other questions call 734/665-7801 and visit us at www.YogaAndMeditation.com