



Yoga Teacher Training Modules 2018-2020

Themed Intensive Weekends- BEGIN ANY WEEKEND YOU WISH

Expand your knowledge, cultivate your unique expression, and advance your certifications and career

- Earn 18 continuing education hours & certifications for each module
- Accumulate towards your RYT-500 in 5 years or choose a single weekend
- Go deeper into content topics
- Develop your yoga specializations
- Enhance your teaching toolbox

Modular Program Benefits: Our Modular program is designed for students interested in expanding their knowledge and continuing their education as yoga instructors. Training modules can be used as continuing education and can also be used to accumulate hours towards an RYT-500 certification. Those pursuing an RYT-500 certification should already have a 200 hour yoga certification. Students may choose topics that interest them and have 5 years in which to accumulate the required 270 contact hours for certification. Students that enroll in the full RYT-500 program will get the lowest pricing for the course.

Training Modules:

December 7-9, 2018

Myofascial Release

Diane Malaspina, Ph.D., RYT-500

January 11-12, 2019

Yoga Nidra & Sacred Writing

Elaine Chapman, MFA, LPC, LMFT, Certified iRest Yoga Nidra Teacher

February 8-10, 2019

Kaumarabhrtya I- Prenatal Yoga, Yoga for Fertility, and Yoga for Infants

Angela Vasquez Taylor, RYT-500, RYT

March 15-17, 2019

Yin Yoga Immersion Weekend

Christine Griggs, ERYT 500, ERYT-200, YACEP



April 12-14, 2019

Vinyasa Krama- The Art of Sequencing

Beate Rose, Director, M.Ed., ERYT-500

May 17-19, 2019

Kaumarabhrtya II- Yoga Play- Yoga for Children & Teens

Angela Vasquez Taylor, RYT-500, RCYT

June 7-9, 2019

Chakra Healing: Sacred Sound, Color Vibrations & Aromatherapy

Brien Egan, CHT, CRM, CKRM

July 12-14, 2019

Adaptive Yoga- Posture Modifications for Special Populations & Chair Yoga

Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT, BCTMB

August 2-4, 2019

Yoga for Chronic Pain & Arthritis

Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT, BCTMB

September 6-8, 2019

Advanced Practices – Asanas & Pranayama

Jane Heiby, Assistant Director, RYT 200, RYT 500, RN, BSN, MBA, CMT

Lian Mosher, ERYT-200

October 4-6, 2019

Meditation, Mindfulness & Happiness

Kenneth Rose, Ph.D

Beate Rose, Director, M.Ed., ERYT-500

November 1-3, 2019

Yoga for Stress Management and Emotional Healing

Beate Rose, Director, M.Ed., ERYT-500

December 6-8, 2019

Trauma Sensitive Yoga

Christine Harrell, RYT-500, YACEP



January 10-12, 2020

Ayurvedic Yoga Therapy- Balancing The Doshas

Dr. Dilip Sarkar, M.D., FACS, D.Ayur

Jane Heiby, Assistant Director, RYT 200, RYT 500, RN, BSN, MBA, CMT

February 7-9, 2020

Qigong, Five Element Theory, TCM & Yoga

Muning Hu, RYT 500, E-RYT 200, Yin Yoga Certified, YACEP

Jane Heiby, Assistant Director, RYT 200, RYT 500, RN, BSN, MBA, CMT

March 6-9, 2020

Hands On Adjustments & Energy Healing

Muning Hu, RYT 500, E-RYT 200, Yin Yoga Certified, YACEP

Jane Heiby, Assistant Director, RYT 200, RYT 500, RN, BSN, MBA, CMT

NEW 16 WEEKEND COURSE BEGINS

April 3-5, 2020

Adaptive Yoga- Posture Modifications for Special Populations & Chair Yoga

Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT, BCTMB

TBD

Dinacharya and Doshas- The Ayurvedic Art Of A Daily Routine

Dr. Dilip Sarkar, M.D., FACS, D.Ayur

Jane Heiby, Assistant Director, RYT 200, RYT 500, RN, BSN, MBA, CMT

Pricing:

Individual Modules: \$339 per weekend course (18 hours)

300-Hour Advanced Certification:** \$3750 (300 hours- \$1,335 savings)

*200-Hour Certification required

*Same as cash payment plans available

**Class size is limited to 18 students- Early registration is recommended*



Location:

Zenya Yoga Academy off site studio
11830 Fishing Point Drive-Suite 215- Newport News

Contact: Cortney Cunningham (757) 675-9077 healthychoices@cox.net