



## 200-Hour Yoga Teacher Certification

Do you love yoga, fitness or spirituality? Have you ever thought about deepening your practice or becoming a yoga instructor? Begin the journey of a lifetime at our Yoga Teacher Training Program.

We offer a 200-Hour Yoga Teacher Training program great for students of all levels and abilities including beginners and advanced practitioners, just bring your passion and your willingness to learn!

The certification is recognized worldwide and will give you much more than a certificate. It will be a transformative, individually focused journey shared with others. We are all on our own path, but that path leads us to the same place.

Whether you seek to deepen your personal journey or to learn the art of teaching with confidence, integrity and grace, this program and its teachers provide the sacred space, wisdom, and support necessary for you to blossom and grow along your own unique Yogic path.

Training Topics Include:

- Yoga Philosophy, Lifestyle, & Ethics
- Yoga Anatomy & Physiology
- Study of Asana & Alignment
- Effective & Intelligent Sequencing
- Modifications for Different Bodies & Abilities
- Yoga for Stress Management
- Intro To Children's Yoga
- Intro To Prenatal Yoga
- Chakra Theory
- Intro To Ayurveda
- Meditation & Pranayama
- Preparing Powerful & Focused Classes
- Becoming an Inspiring Teacher
- Yoga Business & Marketing

Upon successful completion of the course, participants will receive a 200-Hour Yoga Teacher Certification through Zenya Yoga Academy and will meet the requirements for Yoga Alliance RYT-200 registration.

## 200-Hour Yoga Certification Course Info

**Graduate In Only 6 Months! Begins January 17, 2020**

**Location:** Zenya Yoga Academy

Port Warwick- 101 Herman Melville Ave. Newport News, VA 23606

**Website:** [www.zenyayoga.com](http://www.zenyayoga.com)

**Contact:** Courtney Cunningham [healthychoices@cox.net](mailto:healthychoices@cox.net) or 757-675-9077

**Program Director:** Beate Rose

**Assistant Director:** Jane Heiby

**Deposit:** \$500 Reservation deposit or signed payment plan agreement will hold your space in the program

**Tuition:** \$2900

**Early Bird Tuition\*** \$2699

\*Early Bird Tuition expires October 15, 2019

\*Deposit is applied toward tuition

\*\*Payment plans available with ZERO FEES- call or email the number below for info

### **Class Schedule:**

- One Weekend Every 3 Weeks (10 Weekends)
  - Friday 6:00PM-8:00PM
  - Saturday 9:00AM-5:00PM
  - Sunday 9:00AM-5:00PM

\*Class size is limited to 20 students- Early registration is recommended.

*If you have a passion for yoga and are considering a rewarding and purposeful career as a yoga instructor I would be happy to give you more information and answer all of your questions about the program.*

Please call me at 757-675-9077 or email [healthychoices@cox.net](mailto:healthychoices@cox.net)

Namaste` *Courtney Cunningham*