



## Yoga Teacher Training Modules 2020-2021

### 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:

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, E-RYT 500, Yin Yoga Certified, YACEP*

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

March 6-8, 2020

##### **Hands On Adjustments & Energy Healing**

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

*Christal Rabalis, ERYT 500, C-IAYT, YACEP*



March 20-22, 2020

**Adaptive Yoga- Posture Modifications for Special Populations & Chair Yoga**

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

May 1-3, 2020

**Ayurvedic Yoga Therapy & Chanting**

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

*Sumeda Madhuri, RYT-200*

June 19-21, 2020

**Myofascial Release & Yoga Asana**

*Linda Melochick, ERYT-200, RYT-500*

July 10-12, 2020

**Chakra Spiritual & Energy Healing**

*Christal Rabalis, ERYT 500, C-IAYT, YACEP*

*Brien Egan, CHt, CRM, CKRM*

August 14-16, 2020

**Yoga Nidra & Sacred Writing**

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

September 11-12, 2020

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

*Angela Vasquez Taylor, RYT-500, RCYT*

October 23-25, 2020

**Yoga for Chronic Pain & Arthritis**

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

November 13-15, 2020

**Yoga for Stress Management and Emotional Healing**

*Christal Rabalis, ERYT 500, C-IAYT, YACEP*

December 11-13, 2020

**Vinyasa Krama- The Art of Sequencing**

*Christal Rabalis, ERYT 500, C-IAYT, YACEP*



January 8-10, 2021

**Kaumarabhrtya II- Yoga Play- Yoga for Children & Teens**

*Angela Vasquez Taylor, RYT-500, RCYT*

February 19-21, 2021

**Advanced Practices – Asanas & Pranayama**

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

March 19-21, 2021

**Yin Yoga Immersion Weekend**

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

April 23-25, 2021

**Trauma Informed Yoga & Ayurveda**

*Christine Harrell, RYT-500, YACEP*

May 21-23, 2021

**Meditation, Mindfulness & Happiness**

*Linda Melochick, ERYT-200, RYT-500*

**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 as low as \$156/ month

\*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](mailto:healthychoices@cox.net)