Business

COST

$2,550 (15% Savings) if paid in full by December 1ST

$2,700 (10% Savings) if paid in full by January 8TH

$3,000 (Paid in full) if registered after January 8TH.

TERMS

$500 non-refundable deposit required to reserve your spot. Student is responsible for purchasing books on the required reading list.

PLUS

Unlimited yoga classes for 3 consecutive months while enrolled in the Teacher Training at PRACTICE Body Mind Soul.

Registration

Please mail this form back to PRACTICE or register online at www.practicebodymindsoul.com

NAME _____

EMAIL _____

ADDRESS _____

PHONE _____

AMEX ____MC____ VISA____OTHER____

CREDIT CARD # _____

EXPIRATION _____ SECURITY CODE _____

SIGNATURE _____

Contact

PRACTICE BODY MIND SOUL
1500 OLD NORTHERN BLVD, SUITE 3
ROSLYN, NEW YORK 11576
practicebodymindsoul.com
516.858.3095

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Winter, Spring 2014

Yoga Teacher Training

200 - HOUR VINYASA YOGA
7 WEEKENDS: 2/8/2014 – 6/1/2014
13 CONSECUTIVE WEDNESDAY NIGHTS:
2/12/2014 – 5/21/2014

For more information, please call 516.858.3095 or visit www.practicebodymindsoul.com

Teacher training at PRACTICE is designed to be an unparalleled experience of self-discovery, community, and higher learning. Our curriculum, designed by Lisa Bondy, offers a comprehensive study of yoga as a science of transformation body, mind, soul:

BODY We explore asana with respect to alignment, anatomy, safe modifications for injury or limitations, meaningful hands on assists, proper sequencing, vinyasa, languaging and practice teaching.

MIND We learn basic Sanskrit, Yoga Philosophy and Sutras including 8 limbs, Kryas, Kleshas and Koshas, Ayurveda, and Chakras.

SOUL We learn meditation, mantras, chanting, meaningful ritual/ceremony to clear, connect and to manifest. Add to that an intro to kids/teen yoga, mom and baby, prenatal, and finally laughter yoga :)

Dates

	SATURDAYS 9:00AM-6:00PM	SUNDAYS 9:45AM-5:45PM	WEDNESDAYS 6:30PM-830PM
1	2/8	2/9	2/12, 2/26
2	3/1	3/2	3/5, 3/12
3	3/15	3/16	3/19, 3/26
4	4/5	4/6	4/2, 4/9,
5	4/26	4/27	4/23, 4/30
6	5/17	5/18	5/7, 5/14
7	5/31	6/1	5/21

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