



200 hour Purna Yoga Teacher Training Informational Evening

Come learn why you don't have to
be a yoga teacher to benefit from
this life-changing course!

Monday, January 25
7:30-8:30 pm

Join us for tea and treats and a fun informative chat about the 200 hour teacher training offered by The College of Purna Yoga at Yoga Centers in Bellevue, WA. Meet and ask questions of the instructors Gina Hagger and Angelica Rose, administrator Kirsten Elfendahl, and graduates of the College of Purna Yoga. Learn why you don't have to teach yoga to benefit from this life-changing program!

The 200 hour teacher training is ideal for:

- ♥ Yoga students who want to deepen their practice and personal growth, and even share what they love with friends and family
- ♥ Meditation students who want to work with asana to bring more light and healing into their bodies
- ♥ Health practitioners who want to compliment their existing practice
- ♥ Those ready to begin or continue the journey of becoming a yoga teacher.

The College of Purna Yoga offers the most holistic and detailed teacher trainings available. Created by world-renowned yoga masters Aadil Palkhivala and Mirra, the college teaches how to live and teach yoga and meditation from the heart. Learn asana, pranayama, meditation, nutrition, applied philosophy, anatomy and physiology, speaking and presentation skills, teaching methodology and class control, adjustments, basic therapeutics, business and marketing, ethics, and much more. The 200-hour program is offered in two formats: weekends or month intensive, and includes an extensive 298 page manual written by Aadil Palkhivala.



Teaching Purna Yoga

The 200-hour Course Manual, by Aadil Palkhivala

Manual Includes:

Introduction:

Purna Yoga introduction and lineage, Yoga Class Etiquette, Affiliate Track Homework, RYT-500 Track Homework

Philosophy:

Key Sutras, Yamas and Niyamas, Kleshas, Saucha in Teaching, Savitri, Om, Mantras, Poetry, and much more

Meditation:

Purna Yoga Meditation introduction, Purna Yoga Meditation Snacks, Student/Teacher Relationships, Keeping Your Aura Clean

Nutrition and Lifestyle:

Nutrition Systems, Sunrider Basics, Ayurveda Basics, Ayurveda Recipes, What to Eat/What to Avoid, Alkalinity, Acidity, Digestive Health, What to Do/What to Avoid, Daily Practices for Health and Hygiene

Anatomy

Anatomy Principles in Yoga, Yoga Anatomy Muscle Sutras ("YAMS"), Asana Names and Anatomy, Anatomy of the Foot

Teaching Yoga

Foundations for Living, Creating a Practice, Preparations for Teaching, Foundations of Teaching Asana, Relationships with Students, Method of Teaching, Delivery, Actions and Alignment (Duality, Breath, Pelvis/Head/Heart, Muscles and Joints, Spine), Adjustments, Props, Injuries and Healing, Setting Up a Class, Class Control, Professional Presentation Skills and Appearance, Voice and Verbal Presentation, Command Language

Asana and Prāṇayāma

In each section on Standing Poses, Inversions, Twists, Backbends, Abdominal Strengtheners, Seated Poses, Forward Bends, Reclining Poses, and Restorative Poses you receive the following information plus photos and illustrations on *each* of the 80+ asana: actions in the pose, what to look for (alignment), benefits, contraindications, moving into the pose, adjustments, and prop work.

Prāṇayama

Purpose and Practice, Methodology, Supine Position, Seated Position, Program for Prāṇayama Practice

Sequences and Series

Guidelines for Sequencing, Basic Asana Reference Sequence, plus 22 detailed class sequences

Health and Healing

Women's Health, Menstruation Sequence, Pregnancy and Postpartum, General Considerations in Therapeutics, Therapeutic Topics - What to Do/Avoid, Therapeutic References by Pose, Therapeutic References by Condition

Resources

Recommended Products and Reading, Continuing Education, Business Basics

"There is so much integrity in this course, it's truly unique. I recently completed another teacher training course, and I have rarely felt more cared for by a school or institution as I have here. I have so much more confidence than ever before. Thank you!" - Erica Trumpower, Designer, Kirkland, WA

"The college training was a constant reminder to enjoy the journey and focus on growth. There was no space for performance. I found many parts of myself that I didn't even realize were hidden, because I felt so loved, nurtured, and cared for in every way." - Nitika Kohli, IT Project Manager, Atlanta, GA