

BLISS BLISS BLISS

yoga

energy work

massage

200 HOUR YOGA TEACHER TRAINING PROGRAM

with JOANNE VENDENHENGEL



SEPTEMBER 2011 - JUNE 2012

7 long-weekend sessions:

Fridays (6:30pm - 10pm)

Saturdays (8am - 5pm)

Sundays (8am - noon)

- * Technique
- * Methodology
- * Anatomy & Physiology
- * Yoga Philosophy
- * Teaching Ethics
- * Practicum

September 2011 - September 23,24,25

November 2011 - November 18,19,20

December 2011 - December 9,10,11

March 2012 - March 2, 3, 4

April 2012 - April 13,14,15

May 2012 - May 4,5,6

June 2012 - June 1,2,3

The teacher training program is intimate, personal, skillful and supportive. It is a journey into self realization. The program encourages and creates confidence in listening to one's intuition while working within the raja yoga tradition. Students are encouraged to find and speak their voices, study together, share, and create and practice teaching, while investigating the principles of anatomy and physiology applied to yoga and meditation. Each prospective teacher is encouraged to create and cultivate their personal teaching style grounded in tradition, yet respectful of change. Training is a certified 200 hour program with Yoga Alliance. For more information about Joanne VandenHengel, please visit <http://3rdstreetyoga.com>



Cost of Training Program: \$2000 or \$1700/pre-pay

Students are also required to complete 7-10 hours/observation, 5 hours/assisting, 10 hours/volunteer teaching, and attend a Winter Retreat, February 18 - 19, 2012.

For more details, please contact Heidi Sherwin at heidsherwin1@gmail.com

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(in the back left corner of the business plaza at 709 Greenbag Rd.)
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