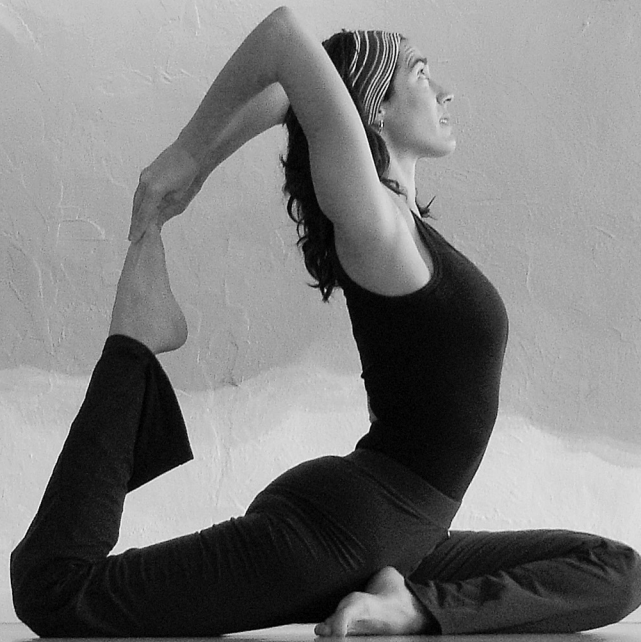


Yoga Source  
yogasource.info  
209 10th Avenue South  
Nashville, TN 37203  
(615) 254-9642



# YOGA SOURCE

## YOGA TEACHER CERTIFICATION



Begins January 2011  
Nine Month Program  
230 Hour Certification Program through  
Yoga Alliance and the Asheville Yoga Center  
Directed by Stephanie Keach  
209 10th Avenue South, Nashville, TN 37203  
yogasource.info (615) 254-9642

Welcome to the most popular teacher training certification program in the South East!

Stephanie Keach and the Asheville Yoga Center Teacher Training staff are excited to bring their highly praised and Yoga Alliance accredited nine month program to Yoga Source in Nashville, TN. This program is identical to our Asheville curriculum and our four senior teachers will be guiding your way: Shala Worsley, Joe Taft, Marion Stone and Stephanie Keach.

This program is designed to enhance your own personal experience and knowledge of yoga, as well as provide you with the confidence and skills necessary to teach a beginning level yoga class. Our 230-hour program has met Yoga Alliance standards, and our staff members are some of the highest quality teacher trainers in the southeast. Upon graduation, you will receive certification from Yoga Source/Asheville Yoga Center and be eligible for a Yoga Alliance certificate as well.

This course is highly comprehensive, designed for those wanting to deepen their understanding of yoga, both on and off the mat. With compassion, humor, and deep wisdom, our program embraces these aspects of yoga, making us the most interdisciplinary Teacher Training Program in the South East: scientific (yoga sutras), energetic (pranayama, chakras), emotional (group support), philosophical, (classical yogic texts), and historical (Yoga in America and India). Our program will prepare students to practice yoga safely and regularly, as well as teach successfully and compassionately. But even more important, students will be guided, challenged and encouraged to break free of any pre-existing belief system of what yoga is by experiencing all the major styles of Hatha Yoga: Iyengar, Ashtanga, Flow, Kundalini, Desikachar, Yin, Restorative, Partner, Bikram, Anusara, Therapeutic, Raja, Psychological and more.



We will address the common pitfalls of practicing, teaching, and living a yogic lifestyle. Our program name, "Live in Total Yoga" is our goal as we help you to investigate ways you can be more kind, patient, non-judgmental and unattached to outcomes. We aim to offer the broadest scope of Hatha Yoga possible, inspiring you to create your "own" teaching style. However, you don't have to be a teacher, nor even desire to become a teacher to attend this course. Your yoga practice will reach new heights as you become more grounded and peaceful through this ancient practice. The certificate you receive will be another step on your path to greater self awareness and understanding, enabling you to live your truth that is your yoga.

# Yoga Source Teacher Training: Live in Total Yoga, Nine Month Program

Beginning January 2011: Nine Weekend Dates

January 21 - 23, 2011	April 29 - May 1, 2011
February 18 - 20, 2011	May 13 - 15, 2011
March 4 - 6, 2011	June 3 - 5, 2011
March 18 - 20, 2011	June 17 - 19, 2011
April 8 - 10, 2011	Possible snow make up weekend May 13 - 15, 2011

## Hours:

Fridays, 6:00 - 9:00 PM

Saturdays, 8:00 - 11:00 AM and 1:00 - 6:00 PM

Sundays, 8:30 - 11:30 AM and 12:30 - 3:30 PM

In addition to the above hours, you will be required to have a daily Yoga practice, a daily meditation practice, journal about them, observe outside yoga classes and student teach outside of class. There will also be plenty of reading and several papers to write. All of these details will be discussed our first day together.

## Weekend Syllabus:

- 1) Program over-view, What is Yoga? - History, theory, sutras, Asanas, establishing a home practice, journal writing.
- 2) History, asanas and variations in Sanskrit and English, basic anatomy and physiology, menstruation and pregnancy, sun salutations.
- 3) Anusara Yoga, anatomy, physiology and pathology, injuries, adjustments, back-care, props, teaching techniques.
- 4) Meditation, pranayama, history, philosophy, Sutras, asanas, partner yoga, student teaching.
- 5) Pranayama, meditation, bandhas, chakras, nutrition, chanting, assisting, children's yoga, inversions, student teaching.
- 6) Anusara Yoga, anatomy, physiology and pathology, injuries, adjustments, teaching techniques, restorative yoga.
- 7) Bhagavad Gita, Phoenix Rising Yoga Therapy, Yin yoga, meditation, sequencing.
- 8) Bikram yoga, chakras, adjustments, Ashtanga yoga, marketing, lesson plans, ethics, insurance, Ayurveda, student teaching.
- 9) Meditation, final exam, student teaching.

## “What if I have to miss a class or session?”

Some sessions are not make-up-able, like the beginning and ending ones, but some are. Please inquire by e-mail to Stephanie about specifics. If you miss more than one weekend I will encourage you to drop out of the program and re-enroll in another future program or I will graduate you and your certificate will state “145 in class hours” instead of “180 in class hours.” Yoga Alliance will not certify you until you have upgraded your certificate through the Asheville Yoga Center to meet the 180 hour minimum. Another option is repeating the weekend in Asheville. Missing more than one weekend qualifies you for a suspension.

## To Register:

Applicants are chosen on a first come basis, with the following pre-requisite: a minimum of six-month's experience with a live Yoga teacher, any style. We will accept the first 25 applicants that qualify and after that, there will be a waiting list. Programs fill about two months BEFORE the starting date.

Please register only through the Asheville Yoga Center web site, [www.youryoga.com](http://www.youryoga.com), there is a link from Yoga Source web site as well. Yoga Source is not handling any registration details. You may also register by mail or phone 828-254-0380. Online is preferred.

## By mail:

Please attach a separate sheet of paper with the following:

Your name, address, phone and e-mail.

Which program are you applying for?

What is your current age and state of health?

Describe your yoga experience.

What is your intention for taking this program?

How do you plan to make the time for studying and practicing Your Yoga?

How will you meet the financial requirements?

Send your personal letter along with payment or credit card info to: Asheville Yoga Center - Teacher Training Programs  
239 S. Liberty St., Asheville, NC 28801

## Payment Options:

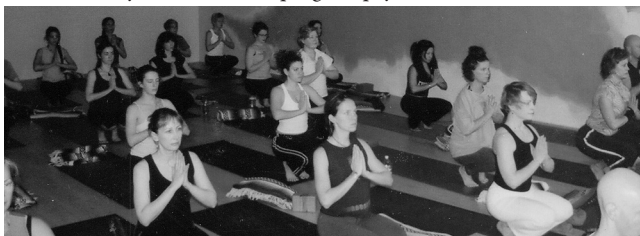
Pay in full \$2600 or pay \$600 deposit. - payment in full required 30 days before start of first class.

We accept checks, cash, Visa, MC only.

- Full payment of deposit is needed to secure your placement.
- Tuition does not include books or teacher training manual.
- There are 2 work-trade and 1-2 scholarship positions available. If you are interested, please include details of your financial need and desire with your application - positions are filled on a first come, first serve basis.
- A confirmation letter will be sent 3-7 days after application has been received. This will include a book list, homework details, directions, lodging information and student information.
- Questions are best received via e-mail: [steph@youryoga.com](mailto:steph@youryoga.com).

## Cancellation Policy:

- Withdrawals from the program must be made in writing or e-mail.
- From your \$600 deposit, \$150 is non-refundable, non-transferable.
- After 30 days before start of program payment is non-refundable.



## Instructors:

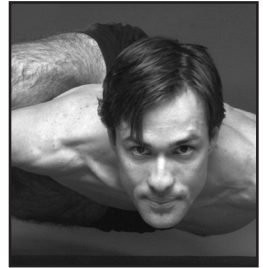
### Shala Worsley

Shala has a deep yoga practice and teaching style that reflects over 12 years of study. She invites students to cultivate the exploration of the physical and spiritual realms. As a teacher, Shala offers a blend of the benefits of yoga in the alignment traditions of Iyengar, and flowing aspects of Ashtanga and Vinyasa, always including therapeutic yoga, yin yoga, meditation, pranayama and yoga philosophy. She embodies a balanced sense of grace, delicate flow, and attention to detail - a direct result of her passion for practicing yoga in nature and our innate connection to the Earth and the Cosmos. She inspires the student to touch their own yogic soul, bringing asana practice to life from within. Shala currently lives in Asheville, NC, teaching at the Asheville Yoga Center and directing the Asheville School of Massage and Yoga.



### Joe Taft

Joe Taft is a certified Anusara Yoga instructor who has dedicated himself to the practice of yoga since 1997. His teaching style is approachable, lighthearted, uplifting and transformational. Joe interweaves Anusara's life-affirming and heartfelt approach into his classes through myth, storytelling, Tantric philosophy and the wisdom gathered through his own life's journey. He has completed hundreds of training hours with John Friend, Sianna Sherman and other senior Anusara instructors. Joe has a keen awareness of body biomechanics and a long history as a devoted athlete. He is an inspiration to yoga teachers and students alike.



### Stephanie Keach

Stephanie has been teaching Yoga since 1988. Originally from California, she has studied with the finest old school Yogis out West. Her Zen Buddhist background brings a meditative influence to her classes. But don't let her down to earth and relaxed teaching style fool you, she also leads the most hard core yoga classes in Asheville. She and her husband own and operate the Asheville Yoga Center and have produced the Flow Yoga video series and The Yoga Handbook. She currently teaches sold out weekly classes, retreats and workshops throughout the country. Since first bringing flow yoga to the area she has become a regional favorite. She resides in Asheville with her loving husband and three lively sons.

