



3118 Route 10W,
Denville NJ 07834
973 343 2848
www.PurpleOmYoga.com



Purple Om Yoga is teaming up with **Yoga Impact**, a non-profit organization working to bring yoga to under-served populations, to offer a 200 hour teacher training program. This comprehensive 6 month program will fully prepare you to teach in studios and other settings. The training is ideal for anyone thinking about becoming a yoga teacher or for those who want to delve deeper into their own practice. Yoga Impact is a Yoga Alliance Registered School and upon certification students will be eligible to become Registered Yoga Teachers (RYT).

200 Hour Yoga Impact Teacher Training

Our next Teacher Training program starts in January 2012. The training is led by Nancy Canda and includes faculty from the Purple Om Teaching Staff. Once completed students will be able to register with Yoga Alliance as Registered Yoga Teachers (RYT).

This modular training takes 6 months to complete and covers:

Introduction: Overview of the next 6 months of training. How to set up and use your training manual. Reviewing what is expected from each trainee, ethics and communication practices for the training. Establishing a home practice. Learning basic Sanskrit terms.

The Fundamentals of strength, flexibility, bandhas, sun salutations, nutrition and more.

Teaching Methodology: Studio asana, sequencing, languaging and taking your seat as a yoga teacher.

Anatomy and how it applies to posture and injury avoidance.

Yoga Traditions: Yoga philosophy in the Yoga Sutras and Bhagavad-Gita. Pranayama (breath work) and meditation. The history of yoga and an introduction to Ayurveda.

Intensives:

Frail/Chair Yoga
Restorative Yoga
Using Touch
Hands-on Adjustments
Prenatal and Postnatal Yoga

Practicums:

1. Building and sustaining your home practice
2. Studio and fitness center teaching, setting up a class to teach, marketing and assisting in class

Required Reading

Light on Yoga - BKS Iyengar
The Heart of Yoga - Desikachar
The Scientific Keys Volumes I & II - Ray Long



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Training Structure:

- 2 Full Weekends - Introductory Weekend & Retreat Weekend (approx. 16-18hrs)
- Bi-Weekly Workshops & Intensives (approx 6 hours)
- Evening Discussion Groups (for approx. 2 hours for 10 weeks)
- Studio Yoga Hours with Nancy
- Studio Yoga Hours with Purple Om Yoga Teachers (Claire, Carolyn or Jonnie)
- 5 Private Sessions with Nancy
- Homework and Practicum
- Daily Personal Practice and Weekly Journaling

Dates:

Introductory Weekend - January 13-15, 2012

Bi-Weekly Workshops & Training - TBD

Retreat Weekend - TBD

Evening Discussions - TBD

This is a tentative schedule and could be subject to change. As we only accept a limited number of trainees into the program there is flexibility around dates to ensure it they work best for everyone.

Tuition

Full Cost of Training: \$3300

Discounts:

Pay by Cash/Check: Deduct \$150

Sign up with a Friend: Deduct \$50/each

Tuition includes 6 months of unlimited classes at Purple Om Yoga! The cost of books is not included in tuition.

Tuition Schedule:

An \$800 deposit is required by 12/31/11 to reserve your spot.

The balance of the tuition is due by the start of the training.

Refunds:

Up until the start of the training you can receive a full refund minus a \$50 administration fee.

Once the training starts there are no refunds. However if you need to leave the training you are welcome to make up any missed sessions in a future teacher training in order to complete certification.



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To Apply:

For an application form or if you have any questions please contact either:

Nancy: Nancy@PurpleOmYoga.com / 973.874.YOGA (9642) or

Claire Claire: [Claire Claire@PurpleOmYoga.com](mailto:ClaireClaire@PurpleOmYoga.com) / 973 343 2848