

Shanti Yoga invites you to our

Spring Yoga Retreat



April 17 - 24, 2010
Sayulita, MX.



Om Yoga Studio in Sayulita, Mexico



\$1275* includes yoga, 7 nights lodging, breakfasts & 3 dinners. Airfare not included. Price can be adjusted according to your lodging choice (options include no lodging, beachfront shared housing as well as single units). Space is limited & nonrefundable \$300 deposit required. Participation in daily classes accrues 45 hours towards Teacher Yoga Alliance .

To register: Contact Shanti at info@shantiyogastudio.org or call 208-634-9711 or go to shantiyogastudio.org.

Come dedicate 7 days to your health and well-being and enjoy a full week of Yoga Intensive/Teacher Training in beautiful Sayulita, Mexico. We invite you to join a group of committed students for time to reflect and learn how the power of yoga can facilitate growth for you. This yoga teacher training is not just about receiving and memorizing information, it's an opportunity for transformative growth. You will hone the skills necessary towards sharing your practice with others and leave feeling more strong, open, peaceful, and calm.

Shanti Yoga School Philosophy: We believe yoga is dynamic, fluid...transformative for the practitioner, but also transformed by those who practice. Teaching is sharing the knowledge of experience. Our goal is to help you cultivate an understanding of yoga and learn how to bring that understanding into your everyday life, to provide you with tools to develop your own footprint on the evolving art & science of yoga and the skills to successfully lead an authentic yoga class. This yoga training is for aspiring and experienced teachers or students who just want to deepen their practice. Debbi Murphy, PhD, ERYT500, director of Shanti Yoga School, has been teaching yoga for over 20 years. Shanti Yoga is registered with internationally recognized Yoga Alliance, at both the 200 & 500 hour levels. Participants receive a Certificate of Completion recognized by Yoga Alliance, a solid foundation for continuation of study and a blueprint from which to work.

Training topics include:

- Historical & Philosophical background of yoga
- Asana including anatomy & physiology, primary function, Sanskrit name & modifications
- Teaching Fundamentals including sequencing, class design, observation & demonstration techniques
- Becoming an inspiring teacher & infusing themes in various settings
- Teaching multi-level classes & adapting to special populations
- Pranayama & how to teach
- Meditation & how to teach
- Practice teaching as well as observing and assisting in class